My Story

級數: Beginner

編舞者: Lisa Alderton (USA) - August 2023

音樂: Runaround Sue - Dion

[1-8] Vine right and left

拍數: 32

- 1-2 Step RF to the right, Step LF behind the RF
- 3-4 Step Rf to the right, Touch LF beside the RF
- 5-6 Step LF to the left, Step RF behind the LF
- 7-8 Step LF to the left, Touch RF beside the LF

[9-16] K- Step

- 1-2 Step RF forward, Touch LF next to RF
- 3-4 Recover LF back, Touch RF next to LF
- 5-6 Step RF back, Touch LF next to RF
- 7-8 Recover LF forward, Touch RF next to LF

[17-24] Slow Pivot 1/2 left and 1/4 left

- 1-2 Step RF forward pivoting ½ turn to the left and hold
- 3-4 Recover weight onto the LF and hold (6:00)
- 5-6 Step RF forward pivoting ¼ turn to the left and hold
- 7-8 Recover weight to the LF and hold (3:00)

[25-32] Rocking Chair, Step touch, step touch

- 1-2 Rock forward on RF, Recover onto the LF
- 3-4 Rock Back on RF, Recover onto the LF
- 5-6 Step RF to the right, Touch LF next to the Rf
- 7-8 Step LF to the leŌ, Touch RF next to the LF





牆數:4