

Right Foot First

拍數: 32 牆數: 4 級數: Improver
編舞者: Fred Whitehouse (IRE) - August 2024
音樂: Right Foot First - Crash Adams



Intro: 16 Counts, Start at approx 8 sec

SEC 1 Step, Heel Twist, Back, Touch Forward, Step, ½ Back, ¼ Side, Touch Behind

1&2 Step right forward, twist both heels to right, twist both feet to centre
3-4 Step right back, touch left forward
5-6 Step left forward, turn ½ left step right back (6:00)
7-8 Turn ¼ left step left to left, touch right behind left (3:00)

SEC 2 ¼ Step, Lock, Walk, Walk, Lock, Step, Step, ½ Pivot

1-2 Turn ¼ right step right forward, lock left behind right popping right knee forward (6:00)
3-4 Step right forward, step left forward
5-6 Lock right behind left popping left knee forward, step left forward
7-8 Step right forward, pivot ½ left transferring weight on to left (12:00)

SEC 3 Heel Switches, Clap, Back, Point, Step, Point

1&2& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
3-4 Touch right heel forward, clap
5-6 Step right back, point left to left
7-8 Step left forward, point right to right

SEC 4 Cross, Side, Cross, Side, ¼ Jazzbox

1-2 Cross right over left, step left to left
3-4 Cross right over left, step left to left
5-6 Cross right over left, turn ¼ right step left back (3:00)
7-8 Step right to right, step left forward
