

This & That

拍數: 76 牆數: 4 級數: High Improver
編舞者: Rex Allott (UK) - September 2024
音樂: Lies (feat. John Mayer) - Eric Clapton : (album: Breeze)



Intro - 16 beats

S1. Tap R heel out fwd R, back x 2, touch R toe out R, rtn x 2

1-4. Tap R heel diagonally out fwd, return x 2
5-8. Touch R toe out R, return x 2

S2. R coaster step, L shuffle fwd

1-2. Step R back, step L on the spot
3-4. Step R fwd, step L next to R
5-8. Step L fwd, step R behind L x 2

S3. Step R fwd, tap L toe behind, kick R fwd, R shuffle back

1-2. Step R fwd, tap L toe behind R
3-4. Step R back, kick L fwd
5-8. Step R back, step L in front of R x 2

S4. R toe, heel scuff, monkey steps x 2

1-2. Scuff R toe fwd, tap R heel down
3-4. Step R down, step L next to R
5-8. Fan both toes out, in x 2

S5. Cross shuffle R, 1/4 cross turn L

1-4. Cross L over R, step R behind L x 2
5-6. Step R to R, step L down
7-8. Turning 1/4 L, step R over L, step L next to R

S6. R heel, toe switch, R jazz box cross

1-4. Touch R heel diagonally out R, return toe next to L x 2
5-6. Cross R over L, step L to L
7-8. Step R to R, step L next to R

S7. Toe strut back R, L x 2

1-2. Step R toe back, drop heel
3-4. Step L toe back, drop heel
5-6. Rpt 1-2
7-8. Rpt 3-4

S8. Step lock, step brush R, L

1-2. Step R diagonally fwd R, step L behind R
3-4. Step R fwd, brush L diagonally fwd L
5-6. Step L diagonally fwd L, step R behind L
7-8. Step L fwd, brush R diagonally fwd L

S9. Heel digs R, L, touch R fwd, out, back, kick out R

1-2. Dig R heel diagonally fwd R, return
3-4. Dig L heel diagonally fwd L, return
5-6. Touch R fwd, out
7-8. Touch R back, kick R diagonally out R

S10.R coaster step

1-2 Step R back, step L on the spot

3-4. Step R fwd, step L next to R

Tag after 1st S.10

S1. R jazz box cross with 1/4 turn L

1-2. Turning 1/4 L, cross R over L, step L next to R

3-4. Step down R, L
