

Ellen's Secrets

拍數: 24 牆數: 2 級數: Beginner
編舞者: Micaela Svensson Erlandsson (SWE) - October 2024
音樂: Secrets - Ellen Krauss



No Tags, No Restarts

intro 24 counts after heavy beat.

Section 1 Step forward. Point right. Hold. Step back. Point left. Hold.

1-3 Step forward on left. Point right toes to right side. Hold.
4-6 Step back on right. Point left toes to left side. Hold.

Section 2 Step Forward. Hitch. Hold. Step Back. ½ Turn Back over left shoulder. Step forward.

1-3 Step forward on left. Hitch right knee up. Hold.
4-5 Step back on right foot. Turn ½ back over left shoulder stepping forward on left.
6 Step forward on right.

Section 3 Step Forward. Hitch. Hold. Slow Coaster Step.

1-3 Step forward on left. Hitch right knee up. Hold.
4-6 Step back on right. Step left beside right. Step forward on right.

Section 3 Step Forward. Sweep. Step Forward. Sweep.

1-3 Step forward on left. Sweep right from back to front (two counts).
4-6 Step forward on right. Sweep left from back to front (two counts).
