

Keep On Truckin'

拍數: 32 牆數: 2 級數: Improver
編舞者: Linda Hegarty (UK)
音樂: Boogie Till The Cows Come Home - Roger Brown & Swing City



TOE KICK TOE TOUCH, STEP SCUFF TURN, STEP SCUFF

1-2 Touch right toe beside left foot and kick right leg
3-4 Touch right toe back beside left foot and touch left toe beside right foot 5-6 step left foot ¼
 turn to the left and scuff right leg around another ½ turn left
7-8 Step right foot beside left foot and scuff left leg

Advanced option: instead of beats 5-8 step left right left right while turning 1 ¾ turns to the left

BACK CHA CHA CHA, ROCK BACK, STEP RIGHT SCUFF LEFT, CHA CHA FORWARD

9-10 Cha cha back left right left
11-12 Rock back on right
13-14 Step right forward and scuff left
15-16 Cha cha forward left right left

Advanced option: instead of beats 13-16 do a kick ball change on the right leg and walk forward right left while turning right knee to right side as you step right and left knee to left side as you step left

FRONT SIDE BEHIND SIDE, ROCK STEP, ½ TURN CHA CHA

17-20 Step right over left, step left out to left side, step right behind left, step left to left side again
21-24 Rock right forward and turn ½ turn right while cha cha right left right

Advanced option: instead of beats 21-24 rock forward right and turn 1 ½ turns right while stepping right left right

ROCK FORWARD, ROCK SIDE, SAILOR TURN, SAILOR STEP

25-26 Rock forward on the left and step right foot in place
27-28 Rock to the left side on the left foot and step right foot in place
29-30 Sailor on the left while turning ¼ left
31-32 Sailor on the right

REPEAT
