Kickin' Back



拍數: 48 牆數: 4 級數:

編舞者: Scott Blevins (USA)

音樂: Wastin' Time With You - Carlene Carter



1-2	Step back on right foot at a 45 degree diagonal right, touch left foot next to right foot and clap
3-4 5-0	Step back on left foot at a 45 degree diagonal left, touch right foot next to left foot and clap
5-8	Repeat counts 1-4
1-2	Step right foot to right side, step left next to right
3-4	Step right foot to right side, step left next to right
5-6	Swivet toes to left, swivet toes back to center
7-8	Rock back on heels with toes off ground and arms out in front for balance, bring arms and toes back down
1-2	Step left foot to left side, step right next to left
3-4	Step left foot to left side, step right next to left
5-6	Swivet toes to right, swivet toes back to center
7-8	Rock back on heels with toes off ground and arms out in front for balance, bring arms and toes back down
1&2	Shuffle to the right side right, left, right
3-4	Rock back onto left foot, replace weight forward to right foot
5&6	Shuffle to the left side left, right, left
7-8	Rock back onto right foot, replace weight forward to left foot
1-2	Rock forward onto right, replace weight back onto left
3-4	Rock back onto left, replace weight forward onto right
5-6	Step forward right, pivot ½ to left weight goes onto left
7-8	Step forward right, pivot ½ to left weight goes onto left
1-2	Jump forward onto both feet, clap hands
3-4	Rock back onto heels with toes off ground and arms out in front for balance, bring arms and toes back down
5-6	Feet are together as you pivot $\frac{1}{4}$ left with weight on left heel and right toe, stomp/touch right foot next to left
7-8	Kick right foot forward twice

REPEAT