Krankin'

級數: Beginner

編舞者: Mick Bennett (UK)

音樂: You Turn Me On - Tim McGraw

ROCK FORWARD AND BACK, RIGHT HEEL, HOOK, RIGHT SHUFFLE

- 1-2 Step/rock forward on right; recover weight to left
- 3-4 Step/rock back on right; recover weight to left
- 5-6 Touch right heel forward; hook right foot in front of left shin
- 7&8 Shuffle forward right, left, right

ROCK FORWARD AND BACK, LEFT HEEL, HOOK, LEFT SHUFFLE

- 1-2 Step/rock forward on left; recover weight to right
- 3-4 Step/rock back on left; recover weight to right
- 5-6 Touch left heel forward; hook left foot in front of right shin
- 7&8 Shuffle forward left, right, left

ROCK, TRIPLE ½ TURN TWICE

- 1-2 Step/rock forward on right; recover weight to left
- 3&4 Shuffle step turning ½ right and step right, left, right
- 5-6 Step/rock forward on left; recover weight to right
- 7&8Shuffle step turning ½ left and step left, right, left

GRAPEVINE RIGHT ¼ TURN, SCUFF, ROCK, RECOVER, COASTER STEP

- 1-2 Step right to right side; step left behind right
- 3-4 Step right to right side turning ¼ right; scuff left forward
- 5-6 Step/rock forward on left; recover weight to right
- 7&8 Step back on left; step right next to left; step forward on left

REPEAT





拍數: 32

牆數:4