

Laidback & Laidlow

拍數: 56 牆數: 2 級數: Improver
編舞者: Lawrence Laidlow (UK)
音樂: I Love That Boy - Jill Morris



SHUFFLE, STRUT TURN TWICE, SHUFFLE

1&2 Step forward left, close right beside left, step forward left
3-4 Strut right forward, turning ½ turn to left
5-6 Strut left backwards, turning ½ turn to left
7&8 Step forward right, close left beside right, step forward right

STRUT TURN TWICE, SHUFFLE, ROCK BACK

9-10 Strut left back, turning ½ turn to left
11-12 Strut right forward, turning ½ turn to left
13&14 Step left back, close right beside left, step left back
15-16 Rock back on right, rock forward on left

GRAPEVINE RIGHT, ROLLING GRAPEVINE LEFT

17-18 Step right to right side, cross left behind right
19-20 Step right to right side, touch left beside right
21-22 Step left to left side, turning ½ to left
23-24 Step right to right side, turning ½ to left, touch right to left

KICK, CROSS, ¾ TURN, SHUFFLE, ½ TURN, SHUFFLE

25&26 Kick right forward, cross over left, unwind ¾ turn to left
27&28 Step forward right, close left beside right, step forward right
29-30 Step forward left, ½ turn pivot to right
31&32 Step forward left, close right beside left, step forward left

KICK KICK, COASTER STEP TWICE

33-34 Kick right forward, kick right to right side
35&36 Step back on right, step left beside right, step forward on right
37-38 Kick left forward, kick left to left side
39&40 Step back on left, step right beside left, step forward on left

SHIMMY RIGHT, SHIMMY LEFT

41-44 Step right to right side, shimmy shoulders (with attitude), hold to a count of 4, clap
45-48 Step left to left side, shimmy shoulders (with attitude), hold to a count of 4, clap

STEP, ¼ TURN, KICK HOOK SHUFFLE, KICK HOOK

49-50 Step right forward, make ¼ turn to left
51&52 Kick right forward, hook right across left
53&54 Step right forward, close left beside right, step right forward
55&56 Kick left forward, hook left across right

REPEAT