

Le Doux It

拍數: 64 牆數: 4 級數: Improver
編舞者: "Calamity" Jane Newhard (USA)
音樂: Good Ride Cowboy - Garth Brooks



HEEL, CROSS, SHUFFLE-RIGHT AND LEFT

1-2 Touch right heel forward, cross heel over left shin
3&4 Right shuffle forward stepping right, left, right
5-6 Touch left heel forward, cross heel over right shin
7&8 Left shuffle forward stepping left, right, left

SHUFFLES TRAVELING RIGHT, ROCK BACK ON LEFT, RECOVER FORWARD ON RIGHT

1&2 Step right to right, step left beside right, step right to the right
3&4 Cross step left over right, step right to right but left of left heel, step left right
5&6 Step right to right, step left beside right, step right to the right
7&8 Rock back on left, recover forward right

SHUFFLE TO TRAVELING LEFT, ROCK BACK ON RIGHT, RECOVER FORWARD ON LEFT

1&2 Step left to left, step right beside left, step left to left
3&4 Cross step right over left, step left to left, but right of right heel, step left to the left
5&6 Step left to left, step right beside left, step left to left
7&8 Rock back on right, recover forward on left

SHUFFLE ½ LEFT, SHUFFLE BACK, ROCK BACK, RECOVER FORWARD, SHUFFLE FORWARD

1&2 Make ½ left turn stepping right, left right
3&4 Shuffle back stepping left, right, left
5-6 Rock back on right, recover forward on left (as you rock back, bend forward at the waist and kick left forward. On the recover forward, straighten upright)
7&8 Shuffle forward stepping, right, left, right

SHUFFLE FORWARD, ½ LEFT TURN, ¼ LEFT TURN, STEP RIGHT, LEFT BESIDE RIGHT

1&2 Shuffle forward stepping left, right, left
3-4 Step right forward, pivot ½ turn left
5-6 Step right forward, pivot ¼ turn left
7-8 Step on right, step left beside right

TWIST TRAVELING RIGHT AND LEFT

1-2 Twist heels to right, twist toes to the right
3-4 Twist heels to right, hold
5-6 Twist heels to left, twist toes to the left
7-8 Twist heels to left, hold

ROLLING VINES RIGHT AND LEFT

1-2 Step right ¼ turn right, pivot on right ¼ turn right, step on left
3-4 Pivot ½ turn on left, step on right, touch left beside right
5-6 Step left ¼ turn left, pivot on left ¼ turn left, step on right
7-8 Pivot ½ turn on right, step on left, touch right beside left

SHUFFLE TO THE RIGHT, ROCK BACK, RECOVER, SHUFFLE TO THE LEFT, ROCK BACK, RECOVER FORWARD

1&2 Step right to right, step left beside right, step right to right
3-4 Rock back on left, recover weight forward on right

5&6 Step left to left, step right beside left
7-8 Rock back on left, recover weight forward on left

REPEAT

TAG

When dancing to Good Ride Cowboy, there is one easy 16 count tag. Dance the dance twice. Facing 6:00, add toe heel strut forward with heel taps, toe, heel strut back with toe taps. Then start the dance again

1-4 Step right toe forward, drop heel, step left toe forward, drop heel

5-8 Step right toe forward, drop heel, tap left heel forward twice

1-4 Step left toe back, drop heel, step right toe back, drop heel

5-8 Step left toe back, drop heel, touch right toe back twice
