

Little Lisa

拍數: 56 牆數: 2 級數: Intermediate
編舞者: Adrian Churm (UK)
音樂: Lisa Jones - Paul Bailey



TOE STRUTS, HEEL GRIND INTO SLOW COASTER STEP, TOE STRUTS, SIDE TOUCHES, JAZZ BOX WITH ¼ TURN, JAZZ BOX ON THE SPOT

- 1-4 Right foot steps forward on the ball of the foot, lower right heel, repeat on the left foot
- 5-8 Right heel steps forward with toe turned in, make a ¼ turn right and make a small step back with the left foot, close right foot next to left, small step forward left
- 9-12 Repeat steps 1-4
- 13-16 Touch right foot to the right side, right foot steps forward and across left, touch left foot to the left side, left foot takes a small step forward
- 17-20 Making a gradual ¼ turn to the right cross right foot over left, left foot steps back, right foot steps to the side (¼ turn should now be completed), brush left foot forward
- 21-24 Repeat 17-20 on the opposite foot without the ¼ turn

GRAPEVINE TO THE RIGHT WITH ½ TURN, HEEL AND TOE TWISTS

- 25-28 Right foot steps to the side, left foot steps back and behind right, right foot steps to the right, making a ½ turn to the right closing left foot to right
- 29-32 Twisting heels left, toes left, heels left, clap hands for one count
- 33-36 Repeat 29-32 moving to the right starting with heels to the right
- 37-40 Turn heels to the left, clap hands for one count, turn heels to the right, clap hands
- 41-44 Twist on the spot turning heels left, right, left, center

MONTEREY TURNS, HEEL SWIVETS

- 45-48 Touch right foot to the right side, make a ¼ turn to the right as you close right foot to left, touch left foot to the left side, close left foot to right
- 49-52 Repeat 45-48
- 53-56 Lifting left toe and right heel turn both toes to the left and back to the center lowering the toe and heel and repeat one more time

REPEAT
