

Lone Star

拍數: 26 牆數: 0 級數:
編舞者: Unknown
音樂: All My Rowdy Friends - Hank Williams, Jr.



LEFT HEEL STEP, RIGHT HEEL, STEP

- 1 Left heel out a 45 degree angle
- 2 Left foot to position
- 3 Right heel out to 45 degree angle
- 4 Right foot to position

HEEL SPLITS, TOGETHER, KNEE BENDS, STRAIGHTEN

- 5 On ball part of feet, open heels outward
- 6 On ball part of feet, return heels back to center
- 7 Bending knees slightly, dip down
- 8 Using feet, push and straighten knees back to start position

RIGHT HEEL, STEP, LEFT TOE, STEP

- 9 Right heel out to 45 degree angle
- 10 Right step to position
- 11 Left toe touch behind right heel
- 12 Left step to position

HEELS LEFT, CENTER, LEFT, CENTER

- 13 Swivel heels of both feet to left
- 14 Swivel heels back to center position
- 15 Swivel heels of both feet to left
- 16 Swivel heels back to center position

The next step pattern is a set of two shuffle steps beginning with the Right foot and alternating to the Left foot.

SHUFFLE RIGHT

- 17 Step forward onto right foot
- 18 Slide left foot up to and behind right foot
- 19 Step forward onto right foot

SHUFFLE LEFT

- 20 Step forward onto left foot
- 21 Slide right foot up to and behind left foot
- 22 Step forward onto left foot

RIGHT GRAPEVINE TURNING LEFT

- 23 Swing right foot out and around in front of left while turning $\frac{1}{4}$ turn to the left
- 24 Step down onto right in front of left
- 25 Bring left foot out to left side
- 26 Place right foot behind left heel

REPEAT