

Long Overdue

拍數: 40 牆數: 0 級數:
編舞者: Ian Andrew
音樂: Goodbye Yesterday's Heartache - Smokie



RIGHT HEEL/TOE TAPS & HOOK

1-2 Right heel tap forward twice
3-4 Right toe tap back twice
5-6 Right heel tap forward, hook in front of left leg
7-8 Right heel tap forward and back in place

LEFT HEEL/TOE TAPS & HOOK

1-2 Left heel tap forward twice
3-4 Left toe tap back twice
5-6 Left heel tap forward, hook in front of right leg
7-8 Right heel tap forward and back in place

ROCK & ½ PIVOT RIGHT, ROCK & ½ PIVOT LEFT

1-2 Rock forward on right foot, rock back on left foot
3-4 Pivot ½ turn right with triple right, left, right
5-6 Rock forward on left foot, rock back on right foot
7-8 Pivot ½ turn left with triple left, right, left

STEP, SCUFF X 4

1-2 Step right foot, scuff left
3-4 Step left foot, scuff right
5-6 Step right foot, scuff left
7-8 Step left foot, scuff right

SHUFFLE X 4 - RIGHT, LEFT, RIGHT, LEFT

1&2 Shuffle - right, left, right
3&4 Shuffle - left, right, left
5&6 Shuffle - right, left, right
7&8 Shuffle - left, right, left

REPEAT