

Mechanical Bull

拍數: 80 牆數: 4 級數: Intermediate/Advanced
編舞者: Irene Williams (AUS) & Barbara Chamberlain (AUS)
音樂: The Mechanical Bull - Roo Arcus



FORWARD STRUTS RIGHT, LEFT, RIGHT, LEFT

1-4 Right toe heel strut, left toe heel strut
5-8 Right toe heel strut, left toe heel strut

POINT, HOLD, CROSS, HOLD, POINT CROSS, ½ TURN

1-4 Right toe point side, hold, cross right over left, hold
5-8 Point left toe side, cross left over right, ½ turn right, taking weight on left

BRUSH-UP RIGHT, BRUSH-UP LEFT, TOUCH

1-4 Right heel 45 degrees, brush-up to left knee, right heel 45 degrees, right beside left
5-8 Left heel 45 degrees, brush-up to right knee, left heel 45 degrees, left toe touch beside right

VINE, ½ TURN, SCUFF, VINE, FULL TURN RIGHT, WEIGHT LEFT

1-4 Step left to side, right behind, step left to side while turning ½ turn left, scuff right
5-8 Step right to side, left behind, step right to side while turning full turn right, swinging left foot around, taking weight on left

BRUSH-UP RIGHT, BRUSH-UP LEFT, TOUCH

1-4 Right heel 45 degrees, brush-up to left knee, right 45 degrees, right beside left
5-8 Left heel 45 degrees, brush-up to right knee, left 45 degrees, left touch beside right

VINE, ½ TURN, SCUFF, VINE, FULL TURN RIGHT, WEIGHT ON LEFT

1-4 Step left to side, right behind, step left to side while turning ½ turn left, scuff right
5-8 Step right to side, left behind right, step right to side while turning full turn right, swinging left foot around, taking weight on left

BRUSH-UP RIGHT, BRUSH-UP LEFT, TOUCH LEFT TOE BEHIND

1-4 Right heel 45 degrees, brush-up to left knee, right heel 45 degrees right beside left
5-8 Left heel 45 degrees, brush-up to right knee, left heel 45 degrees, left toe touch behind

RUNNING LEFT, RIGHT, LEFT, HITCH RIGHT, RUNNING RIGHT, LEFT, RIGHT, HITCH LEFT

Slap knee optional

1-4 Running forward left, right, left, hitching right (slap right knee with right hand)
5-8 Running forward right, left, right, hitching left (slap left knee with left hand)

STEP, LOCK, STEP, SCUFF, STEP, LOCK, STEP, SCUFF

1-4 Step left forward, lock right behind left, step forward left, scuff right
5-8 Step right forward, lock left behind right, step forward right, scuff left

VINE LEFT, SCUFF RIGHT, VINE RIGHT, STOMP LEFT

Turning optional

1-4 Step left to side, step right behind left, step left to side scuff right
5-8 Step right to side, step left behind right, step right to side, stomp left beside right

REPEAT