

Michael

拍數: 64 牆數: 0 級數:
編舞者: Susanne Harrison (CAN)
音樂: I Don't Care If You Love Me Anymore - The Mavericks



TOE IN, HEEL IN, SHUFFLE IN PLACE

- 1-4 Point right toe to left foot instep, point right heel to left foot instep, shuffle in place: right, left, right
5-8 Point left toe to right foot instep, point left heel to right foot instep, shuffle in place: left, right, left

STEP, KICK, STEP, TOUCH

- 9-12 Step right foot forward, kick left foot front, step back on left foot, touch right toe back

MONTEREY TURN

- 13-16 Point right toe to right side, ½ turn right on the ball of left foot, stepping right next to left on completion of turn, point left toe to left side, step left foot home (weight onto left foot)

HEEL, TOGETHER, HEEL, TOGETHER

- 17-18 Touch right heel forward, step right foot together
19-20 Touch left heel forward, step left foot together

KICK-BALL-CHANGE, STEP, HOLD, STEP, HOLD

- 21&22 Right kick-ball-change: kick right foot forward, step down on ball of right foot, step down on left foot
23-24 Step slightly forward on right foot --angled so toes point forward on 45 degree angle to right corner, hold
25-26 Step left foot behind right foot--angled so toes of left foot are in line with heel of right foot and also angled but on 45 degree angle to left corner, hold

Feet are in a plie position but with space between front and back foot.

FOOT SWIVELS RIGHT, HOLD, LEFT, HOLD, RIGHT-LEFT-RIGHT-HOLD

- 27-28 With weight on the ball of the forward (right) foot and the heel of the back (left) foot, swivel forward (right) heel and back (left) toes at same time to right--your feet will be in a position that looks like a "greater than" symbol, hold
29-30 Keeping weight on forward ball and back heel, swivel forward heel and back toes to left--your feet will be in a position that looks like a "less than" symbol, hold
31-34 Keeping weight the same, swivel to right, to left, to right, hold --weight shifts to left foot

HEEL FRONT, HOLD, TOE SIDE, HOLD, WALKING COASTER STEP, HOLD

- 35-36 With weight on left foot, touch right heel forward, hold
37-38 Touch right toe to right side, hold
39-42 Right coaster step: step back on right foot, step left foot beside right, step right foot forward, hold

KICK-BALL-CHANGE, STEP, HOLD, STEP, HOLD

- 43&44 Left kick-ball-change: kick left foot forward, step down on ball of left foot, step down on right foot
45-46 Step slightly forward on left foot--angled so toes point on 45 degree angle to left corner, hold
47-48 Step right foot behind left foot--angled so toes of right foot are in line with heel of left foot and also angled but on a 45 degree angle to right corner, hold

Feet are in plie position but with space between front and back foot.

FOOT SWIVELS LEFT, HOLD, RIGHT, HOLD, LEFT-RIGHT-LEFT-HOLD

- 49-50 With weight on the ball of the forward (left) foot and the heel of the back (right) foot, swivel forward (left) heel and back (right) toes at same time to left--your feet will be in a position that looks like a "less than" symbol, hold
- 51-52 Keeping weight on forward ball and back heel, swivel forward heel and back toes to right--your feet will be in a position that looks like a "greater than" symbol, hold
- 53-56 Keeping weight the same, swivel left, right, left, hold -- weight shifts to right foot

HEEL FRONT, HOLD, TOE SIDE, HOLD, WALKING COASTER STEP, HOLD

- 57-58 With weight on right foot, touch left heel forward, hold
- 59-60 Touch left toe to left side, hold
- 61-63 Left coaster step: step back on left foot, step right foot beside left, step left foot forward
- 64 Hold

REPEAT
