

Mine's A Double

拍數: 32 牆數: 4 級數: Improver
編舞者: Nigel Payne (UK) & Barbara Payne (UK)
音樂: Waitin' On the Whiskey - Jameson Clark



RIGHT KICK-BALL-STEP, ROCK-RECOVER, COASTER STEP, STEP- PIVOT ½ TURN

1&2 Kick right foot forward, step right beside left, step forward on left
3-4 Rock forward on right, recover back on left
5&6 Step back on right, step left beside right, step forward on right
7-8 Step forward on left, pivot ½ turn right, (facing 6:00, weight on right foot)

LEFT KICK-BALL-STEP, ROCK RECOVER, COASTER STEP, STEP-PIVOT ½ TURN

1&2 Kick left foot forward, step left beside right, step forward on right
3-4 Rock forward on left, recover back on right
5&6 Step back on left, step right beside left, step forward on left
7-8 Step forward on right, pivot ½ turn left, (facing 12:00, weight on left foot)

SIDE ROCK-RECOVER, CROSS SHUFFLE, SIDE-BEHIND & CROSS STEP

1-2 Rock right to right side, recover back on left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Step left to left side, cross right behind left
&7 Step left to left side, cross right over left
8 Step left to left side

BACK ROCK-RECOVER, CHASSE RIGHT WITH ¼ TURN RIGHT, STEP- PIVOT ½ TURN, LEFT SHUFFLE FORWARD

1-2 Rock back on right, recover back onto left
3&4 Step right to right side, step left beside right, step right to right side turn ¼ turn right
5-6 Step forward on left, pivot ½ turn right, (facing 9:00)
7&8 Step forward on left, step right beside left, step forward on left

Option: left shuffle can be replaced by a triple full turn right traveling forward, stepping left, right, left

REPEAT