

Miscaal

拍數: 48 牆數: 4 級數: Improver
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音樂: See Jane Dance - Brooks & Dunn



Pronounced miss-kahl'

STEP FORWARD RIGHT, KNEE ROLLS, STEP FORWARD LEFT KNEE ROLLS

- 1 Step right toe forward
- 2-3 Roll right knee to the right twice
- 4 Step weight forward on right heel
- 5 Step left toe forward
- 6-7-8 Roll left knee to the left three times

STRADDLE STEP OUT, BACK TOGETHER, LEFT KICK FRONT-SIDE, TURNING COASTER

- &1-2 Step to left side with left foot, step to right side with right foot, hold
- &3-4 Step back to center with left foot, step back to center with right foot, hold
- 5 Kick forward with left foot
- 6 Kick to left side with left foot
- 7&8 Step back left making $\frac{1}{4}$ turn left, step back right, step forward left

CROSS WALK FORWARD, SYNCOPATED HEEL JACK, $\frac{1}{2}$ TURN

- 1-4 Walk forward right-left-right-left, stepping each foot across the other
- &5-6 Right step back, touch left heel center, hold
- 7-8 Turn $\frac{1}{2}$ on right heel, lifting right toe and shifting weight to left (back) foot, hold

SHUFFLE RIGHT, $\frac{1}{2}$ TURN LEFT, LEFT COASTER, $\frac{1}{2}$ PIVOT RIGHT

- 1&2 Step right to side, bring left next to right, step right to side
- 3-4 Step left to side making $\frac{1}{4}$ turn left, bring right next to left making $\frac{1}{4}$ turn left
- 5&6 Step back left, step back right, step forward left
- 7-8 Touch forward right, pivot $\frac{1}{2}$ turn left keeping weight on left foot

STEP, STEP, ANGLED HITCH SCOOT, SYNCOPATED SAILORS

- 1-2 Walk forward right - left
- 3-4 Scoot forward on left with right knee hitched up, body at 45 degree angle to left
- 5 Step out to right making $\frac{1}{4}$ turn left
- 6&7 Step left behind right, step right foot to right side, step left foot slightly forward
- 8& Step right behind left, step left foot to left side..

PIVOT $\frac{1}{2}$ TURN RIGHT, WALK FORWARD LEFT-RIGHT, ANGLED HITCH SCOOT, TWO $\frac{1}{4}$ TURN STEPS RIGHT

- 1 Step right foot slightly forward
- 2-3 Touch forward left, pivot $\frac{1}{2}$ turn right keeping weight on right foot
- 4-5 Walk forward left
- 5-6 Scoot forward on left with right knee hitched up, body at 45 degree angle to left
- 7 Step forward right making $\frac{1}{4}$ turn right
- 8 Bring left next to right making $\frac{1}{4}$ turn right, transferring weight to left

REPEAT