Mission Impossible

拍數: 32   **牆數:** 4   **級數:** Advanced

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音樂: Mission Impossible Theme - IMF

RIGHT KICK BALL POINT, STEP HEEL DROP TURN

1	Right kick foot forward
&	Step onto ball of right foot
2	Point left toe to left
&	Bring left foot back to home
3	Step forward on ball of right foot
&4	Turn ¼ to left as you drop heels, right then left

Finish with weight on right leg

LEFT KICK BALL POINT, STEP HEEL DROP TURN

5&6&7&8	Repeat above starting with left foot turning to right

Finish facing original wall with weight on left leg

¼ TURNING SAILOR SHUFFLE, LEFT PIVOT

1	Step behind with right, ¼ turning to right
&	Step left beside right
2	Step forward with right
3	Step forward with left
4	Pivot ½ turn to right, transferring weight onto left

Keep weight on left

REVERSE ¾ PIVOT TURN, ROCK STEP

5	Step back with right foot, transferring weight onto right (small step)
6	Turn ¾ turn to right
7	Rock forward onto left
8	Replace weight onto right

HEEL CROSS SLIDES, TURN, HEEL CROSS SLIDES

1	Touch left heel forward (weight on right)
&	Cross left over right locking calf of left leg against shin of right leg
2	Straighten left leg pushing right leg back as you change weight onto left leg continuing slide back with right leg
3&4	Repeat starting with right leg

Weight will finish on right leg

5&6-7&8	Keeping weight on right leg turn ½ turn to left

This puts you in position with your left foot forward to repeat both left and right heel cross slides

STOMP BALL CHANGE, SYNCOPATED HEEL DROP PIVOT

1	Stomp left foot in place
&	Step back with left
2	Step forward with right
3	Step forward with left
&	Turn ½ turn to right dropping left heel down
4	Drop right heel down

BACK ROCK, HEEL DROP TURN

5	Step back on right

6	Replace weight on to left
7	Step forward on ball of right foot
&8	¼ turn to left as you drop heels right then left

REPEAT