

Nagella Slide

拍數: 44 牆數: 4 級數:
編舞者: Joyce Strand
音樂: She Flew The Coop - Dan Seals



FORWARD STEP, SLIDE STEP, TOUCH

1-2 Step forward with right foot, slide left foot up behind right foot
3-4 Step forward with right foot, touch left foot next to right foot
5-6 Step forward with left foot, slide right foot up behind left foot
7-8 Step forward with left foot, touch right foot next to left foot

BACK STEP, SLIDE, STEP, TOUCH

9-10 Step back with right foot, slide left foot just ahead of right foot
11-12 Step back with right foot, touch left foot next to right foot
13-14 Step back with left foot, slide right foot just ahead of left foot
15-16 Step back with left foot, touch right foot next to left foot

SWIVEL LEFT, CENTER, HEEL, TOE

17-18 Swivel both heels left, hold
19-20 Swivel both heel center, hold
21-22 Right heel front, hold
23-24 Right toe back, hold

RIGHT VINE, LEFT VINE

25-28 Right step side, left cross behind right, right step side, left touch beside right
29-32 Left step side, left cross behind left, left step side, brush with $\frac{1}{4}$ turn left
33-36 Right step side, left cross behind right, right step side, left touch beside right
37-40 Left step side, right cross behind left, left step side, right touch beside left

PIVOT, PIVOT

41-42 Step right forward, leave left foot in place, pivot $\frac{1}{2}$ turn to left on ball of left foot
43-44 Step right forward, leave left foot in place, pivot $\frac{1}{2}$ turn to left on ball of left foot

REPEAT
