

Natural Flow

拍數: 32 牆數: 2 級數: Beginner
編舞者: Maureen Jones (UK) & Michelle Jones (UK)
音樂: If It Don't Come Easy - Tanya Tucker



DIAGONAL STEP, TOGETHER, HEEL TWIST, DIAGONAL STEP, TOGETHER, HEEL TWIST

1-2 Step right diagonally forward right, step left beside right
3-4 Twist both heels to right, twist both heels to center
5-6 Step left diagonally forward left, step right beside left
7-8 Twist both heels left, twist both heels to center

DIAGONAL STEP BACK, TOUCH, DIAGONAL STEP BACK, TOUCH, VINE RIGHT WITH ¼ TURN, SCUFF

9-10 Step right diagonally back right, touch left beside right
11-12 Step left diagonally back left, touch right beside left
13-14 Step right to right, step left behind right
15-16 Step right ¼ turn right, scuff left forward

STEP, SCUFF, STEP, SCUFF, WALKS BACK, TOUCH

17-18 Step left forward, scuff right forward
19-20 Step right forward, scuff left forward
21-22 Step left back, step right back
23-24 Step left back, touch right beside left

MONTEREY ½ TURN, SIDE, ¼ TURN-HOOK, STEP, TOUCH

25-26 Touch right toe to right, make ½ turn right and step right beside left
27-28 Touch left toe to left, step left beside right
29-30 Step right to right, on ball of right make ¼ turn left and hook left across right
31-32 Step left forward, touch right beside left

REPEAT
