

Nickajack

拍數: 40 牆數: 4 級數:
編舞者: Gail Smith (USA)
音樂: Nickajack - River Road



STRUTS FORWARD

- 1 Right heel touch forward
- 2 Right toe slap down
- 3 Left heel touch forward
- 4 Left toe slap down

¼ TURN TO THE RIGHT, STRUT FORWARD, TOUCH AND HOLD

- & Left toe pivot ¼ turn to the right
- 5 Right heel touch forward
- 6 Right toe slap forward
- 7 Left toe touch to close to right foot
- 8 Hold

HEEL JACK

- & Left foot step backward
- 9 Right heel touch forward
- 10 Hold
- & Right toe slap down
- 11 Left toe touch to close to right foot
- 12 Hold

- & Left foot step backward
- 13 Right heel touch forward
- & Right toe slap down
- 14 Left toe touch to close to right foot
- & Left foot step backward
- 15 Right heel touch forward
- & Right toe slap down
- 16 Left foot brush forward beside right foot

STRUTS FORWARD

- 17 Left heel touch forward
- 18 Left toe slap down
- 19 Right heel touch forward
- 20 Right toe slap down

½ TURN TO THE LEFT AND STRUTS FORWARD

- & Right toe pivot ½ turn to the left
- 21 Left heel step forward
- 22 Left toe slap down
- 23 Right heel step forward
- 24 Right toe slap down

HIP BUMPS

- 25 Left foot step forward
- & Hips bump forward

26 Hips bump forward
27 Weight shift to right foot
& Hips bump backward
28 Hips bump backward

¼ TURN TO THE LEFT, HIP BUMPS

& Right toe pivot ¼ turn to the left
29 Left foot step to the left
30 Right foot step forward
31 Hips bump forward
32 Hips bump backward

HEEL JACKS

& Right foot step backward
33 Left heel touch forward
34 Hold
& Left toe slap down
35 Right toe touch to close to left foot
36 Hold

& Right foot step backward
37 Left heel touch forward
& Left toe slap down
38 Right toe touch to close to left foot
& Right foot step backward
39 Left heel touch forward
& Left toe slap down
40 Right foot brush forward beside left foot

REPEAT
