

Now Hear This

拍數: 32 牆數: 4 級數:
編舞者: Barry Bechtold (USA)
音樂: I Wasn't Ready for You - Ricochet



JAZZ BOX, SIDE SHUFFLES

1-2 Cross right foot over in front of left; hold
& Step slightly backwards on left foot
3 Step to right with right foot
& Step beside right foot with left foot
4 Step to right with right foot
5-6 Cross left foot over in front of right; hold
& Step slightly backwards on right foot
7 Step to left with left foot
& Step beside left with right foot
8 Step to left with left foot

TAPS, LEFT TURN, CROSS, SIDE, CROSS

1-2 Tap right toe back, twice
& Step back onto right foot
3 Place left heel forward
& Tap left heel 1/8 turn left, pivoting on ball of right foot
4 Tap left heel 1/8 turn left, pivoting on ball of right foot

(Now facing 9:00)

& Step slightly backward with left foot
5 Cross right foot over in front of left
6 Step left foot to left (uncrossing feet)
7 Cross right foot over in front of left
& Step back with left foot
8 Step together with right foot

HIP WALK, BACK SCOOT, COASTER STEP, STOMP HOOK PIVOTS

1&2 Step forward on left foot moving hip forward; move hips backward; move hips forward
3&4 Step forward on right foot moving hips forward; move hips backward; move hips forward
5 Step backward on left foot
6 Slide right foot home (don't take weight)
& Scoot backward on left foot, raising right foot slightly off floor
7&8 Step backward on right foot; step backward on left foot; step forward on right foot

1& Stomp left foot in place; cross left foot slightly behind right calf
2 Pivot ½ to left on ball of right foot and kick left foot forward slightly
3&4 Step forward left; slide right foot to heel of left foot; step forward left
5& Stomp right foot; cross right foot slightly behind left calf
6 Pivot ½ to right on ball of left foot and kick right foot forward slightly
7 Walk forward right
8 Walk forward left

REPEAT