

Off The Rail

拍數: 32 牆數: 2 級數: Beginner
編舞者: Jan Wyllie (AUS)
音樂: Bar Exam - The Derailers



- 1-4 Step right to right, step left behind right, step right to right, hitch left (vine right)
5-8 Step left to left, step right behind left, step left to left, hitch right (vine left)
- 9-12 Step back right, left, right hitch left (vine back)
13-16 Walk forward left, right, left stomp right beside left (vine forward)
- 17-18 Turn heels apart (right heel to right, left heel to left), return heels together
19-20 Turn heels apart (right heel to right, left heel to left), return heels together
- 21-22 Touch right heel forward, step right beside left
23-24 Touch left heel forward, step left beside right
- 25-26 Step back on right toe, drop right heel to floor (toe strut)
27-28 Step back on left toe, drop left heel to floor (toe strut)
29-30 Step back on right toe, drop right heel to floor (toe strut)
31-32 Step back on left, touch right beside left keeping weight on left
- When you can manage the first 32 counts and know it well, you can learn the next 32 counts - which makes it a 2 wall dance**
- 33-36 Rock/step right to right, rock/return weight to left, step forward on right, hold
37-40 Rock/step left to left, rock/return weight to right, step forward on left, hold
- 41-44 Rock/step forward on right, rock back on left, step back on right, hold
45-48 Rock/step back on left, rock forward on right, step forward on left, hold
- 49-52 Step forward on right, scuff left forward, step forward on left, scuff right forward
53-56 Step forward on right, hold, pivot ¼ left transferring weight to left, hold
- 57-60 Step forward on right, hold, pivot ¼ left transferring weight to left, hold
61-64 Step forward on right, scuff left forward, step forward on left, touch right beside left

REPEAT
