

On The Straight And Narrow

拍數: 64 牆數: 4 級數: Beginner
編舞者: Peter Metelnick (UK)
音樂: Gonna Walk That Line - Randy Travis



RIGHT TOE TAPS FORWARD & SIDE, SLOW RIGHT SAILOR STEP, HOLD

1-4 Tap right toes forward, hold, tap right toes to right side, hold
5-8 Cross step right foot behind left, step left foot to left side, step right foot right, hold
To make the dance easier substitute a slow triple step together for counts 5-7, and hold on 8

LEFT TOE TAPS FORWARD & SIDE, SLOW LEFT SAILOR STEP, HOLD

1-4 Tap left toes forward, hold, tap left toes to left side, hold
5-8 Cross step left foot behind right, step right foot to right side, step left foot left, hold
To make the dance easier substitute a slow triple step together for counts 5-7, and hold on 8

RIGHT CROSS TOE STEP, LEFT TOE STEP, RIGHT CROSS ROCK & RECOVER, RIGHT TO RIGHT SIDE, HOLD

1-2 Cross touch right toes over left foot, press right heel down
3-4 Touch left toes to left side, press left heel down
5-8 Cross rock right foot over left, recover weight on left foot, step right foot right, hold

LEFT CROSS TOE STEP, RIGHT TOE STEP, LEFT CROSS ROCK & RECOVER, LEFT TO LEFT SIDE, HOLD

1-2 Cross touch left toes over right foot, press left heel down
3-4 Touch right toes to right side, press right heel down
5-8 Cross rock left foot over right, recover weight on right foot, step left foot left, hold

WALK FORWARD 2, FORWARD RIGHT, LEFT, RIGHT, HOLD

1-4 Step right foot forward, hold, step left foot forward, hold
5-8 Step right foot forward, step left foot together, step right foot forward, hold

LEFT FORWARD, HOLD, ½ RIGHT PIVOT TURN, HOLD, FORWARD LEFT, RIGHT, LEFT, HOLD

1-4 Step left foot forward, hold, pivot ½ right, hold
5-8 Step left foot forward, step right foot together, step left foot forward, hold

RIGHT & LEFT HEEL STEPS, RIGHT FORWARD STOMP, LEFT STOMP TOGETHER, RIGHT HEEL STEP

1-4 Touch right heel forward, step right foot together, touch left heel forward, step left foot together
5-6 Stomp right foot forward, stomp left foot together
7-8 Touch right heel forward, step right foot together

LEFT HEEL STEP, RIGHT STOMP FORWARD, LEFT STOMP TOGETHER, RIGHT FORWARD, HOLD, ¼ LEFT PIVOT TURN, HOLD

1-2 Touch left heel forward, step left foot together
3-4 Stomp right foot forward, stomp left foot together
5-8 Step right foot forward, hold, pivot ¼ left, hold

REPEAT