

On Track

拍數: 24 牆數: 2 級數: Intermediate
編舞者: Lana Harvey (USA)
音樂: Big Green 38 - 'Buckshot' Jon Kirk



STOMP, STEP 3 TIMES, STOMP, BACK TOE-HEEL STRUTS, STOMP

- 1 Stomp left forward at 45 angle to left lifting right up slightly.
- & Slide ball of right foot straight forward with instep next to left heel
- 2&3& Repeat 1& twice.
- 4 Stomp down on left
- 5& Step back on ball of right. Drop right heel.
- 6& Step back on ball of left. Drop left heel.
- 7& Step back on ball of right. Drop right heel.
- 8 Stomp left next to right, slightly apart

Harder option for 5-7: step back right, scoot back on right. Repeat for left and right.

MOVING LEFT: TOES OUT, IN, OUT, IN; STOMP, KICK, CROSS, KICK, STOMP

- 9 Move left toe and right heel to left.
- 10 Move left heel and right toe to left.
- 11 Move left toe and right heel to left.
- 12 Move left heel and right toe to left so that feet are parallel and straight forward.
- 13-14 Stomp right by left, kick right forward
- 15&16 Cross right over left leg in a hitch, kick right forward, stomp right slightly apart from left.
Weight ends on right.

Easier option on 9-12: heels, toes, heels, toes (moving left)

MOVING RIGHT: TOES OUT, IN, OUT, IN; STOMP, KICK, STOMP, STOMP

- 17 Move left heel and right toe to right.
- 18 Move left toe and right heel to right.
- 19 Move left heel and right toe to right.
- 20 Move left toe and right heel to right so that feet are parallel and straight forward.
- 21-22 Stomp left next to right. Kick left forward.
- 23-24 Two left stomps next to right. Weight stays on right.

Easier option on 17-20: heels, toes, heels, toes (moving right)

REPEAT

TAG

After walls 1 and 2

MODIFIED TEN STEP

- 1-2 Touch left heel forward. Step left next to right
- 3-4 Touch right toe back. Stomp right next to left
- 5-6 Touch right heel forward. Cross right foot across left leg (hitch)
- 7-8 Kick right forward. Stomp right next to left.
- 9 Touch left forward.
- 10 Pivot ½ right on ball of right foot. Weight ends on right.

TAG

After wall 3

SHUFFLE TURN

- 25&26 Shuffle forward left-right-left turning 1/8 to right side
- 27&28 Shuffle back right-left-right turning 1/8 to right side.

29&30 Shuffle forward left-right-left turning 1/8 to right side.

31&32 Shuffle back right-left-right turning 1/8 to right side. (you have now completed 1/2 turn to right.)

For other music, do the 24 count basic and the second tag for a 32 count dance
