

Our Waterloo

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Rhonda Nadon (CAN), Kevin S. Ward (USA) & Rena Ward (USA)
音樂: Waterloo - Bananarama



SIDE SHUFFLE LEFT, ROCK, RECOVER, TAP, HITCH, STEP, COASTER STEP

1&2 Step left to left, step right next to left, step left to left
3-4 Rock back on right, recover on left
5&6 Tap right toe behind left, hitch right knee (scoot back on left), step down on right
7&8 Step left back, step right next to left, step left forward

KICK, STEP, CROSS, STEP, KICK, STEP, CROSS, OUT, OUT, IN, IN

1&2& Kick right forward, step back on right, cross step left over right, step back on right
3&4 Kick left forward, step back on left, cross step right over left
The above section travels backwards. Angle body right then left to make it more comfortable
5-8 Step left out to left, step right out to right, step left home, step right next to left

KICK, STEP, CROSS, STEP, KICK, STEP, TOUCH, TOE STRUT LEFT, TOE STRUT RIGHT

1&2& Kick left forward, step back on left, cross step right over left, step back on left
3&4 Kick right forward, step back on right, touch left next to right
The above section travels backwards. Angle body left then right to make it more comfortable
5-6 Touch left toe forward, step down on left
7-8 Touch right toe forward, step down on right

LEFT KICK-BALL-CHANGE, LEFT TOE STRUT, RIGHT TOE STRUT, LEFT KICK-BALL-CHANGE

1&2 Kick left forward, step left next to right on ball of foot, step right next to left
3-4 Touch left toe forward, step down on left
5-6 Touch right toe forward, step down on right
7&8 Kick left forward, step left next to right on ball of foot, step right next to left

LEFT TOE STRUT, RIGHT TOE STRUT, SYNCOPATED WEAVE RIGHT

1-2 Touch left toe forward, step down on left
3-4 Touch right toe forward, step down on right
5&6& Cross step left over right, step right to right, cross step left behind right, step right to right
7&8 Cross step left over right, step right to right, cross step left behind right

SLOW SWEEP RIGHT MAKING ¼ TURN RIGHT, RIGHT COASTER STEP, ROCK, RECOVER, HEEL TOUCH, TOE TOUCH

1 Sweep your right foot from front to the right side with your right foot slightly off the floor
2 Continue sweep while making ¼ turn to the right
3&4 Step right back, step left next to right, step right forward
5-6 Rock forward on left, recover on right
7-8 Touch left heel forward, touch left toe next to right foot

REPEAT