

Paddlefoot

拍數: 52 牆數: 2 級數:
編舞者: Bill Larson (AUS)
音樂: Redneck Romeo - The Forester Sisters



- 1 With weight on both heels, swing both toes apart to each side
2 Return toes back together again
3-4 With weight on both heels, swing both toes apart to each side, return both toes back together again
- 5-8 With weight on heel of right swing right toe to the right, with weight on ball of right swing right heel to the right, with weight on heel of right swing right toe to the right, tap left toe across & behind right & clap
- 9-12 Step left to side, tap right toe across & behind left with a clap, step right to side, tap left toe across & behind right with a clap 13-16 vine left left-right-left, touch right beside left
- 17 With weight on both heels . Swing both toes apart to each side
18 Return toes back together again
19-20 With weight on both heels, swing both toes apart to each side, return both toes back together again
- 21-24 With weight on heel of left swing left toe to the left, with weight on ball of left swing left heel to the left, with weight on heel of left swing left toe to the left, tap right toe across & behind left & clap
- 25-28 Step right to side, tap left toe across & behind right with a clap
29-32 Vine right right-left-right, touch left beside right
- 33-36 Step right to side, step left beside right, step right to side, step left beside right
- 37 With weight on heel of right swing right toe to the right
38 With weight on both heels. Keeping both feet fixed in that position, swing both feet to the left so that the left toe is pointing toe the left side & the right toe faces forward
- 39 Still keeping feet fixed in the same position, swing both feet to the right, pointing right toe to right side & then left toe facing forward
40 Swing right toe to close beside left
- 41-44 Step left to side, step right beside left, step left to side, step right beside left
45 With weight on heel of left, swing left toe to left side
46 With weight on both heels. Keeping both feet fixed in that position, swing both feet to the right so that the right toe is pointing toe the right side & the left toe faces forward
- 47 Still keeping feet fixed in the same position, swing both feet to the left, pointing left toe to left side & then right toe facing forward
48 Swing left toe to close beside right
- 49-52 Tap right toe back, step right foot forward, pivot ½ turn left shifting weight to left, step right beside left

REPEAT

