

Pedal To The Metal

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Peter Metelnick (UK)
音樂: Lucky Arms - John Michael Montgomery



RIGHT GRAPEVINE, STEP APART, HOLD & CLAP, BUMPS LEFT AND RIGHT

1-2 Step right on right foot, cross left behind right
&3-4 Hop step right foot apart, hop step left foot apart (feet apart), hold and clap
5-6 Bump hips left twice
7-8 Bump hips right twice

POINT LEFT, HOLD, POINT RIGHT, HOLD, CROSS, UNWIND $\frac{3}{4}$ LEFT, KICK LEFT TWICE

9-10& Touch left toes to left side, hold (clap optional), step left in place
11-12 Touch right toes to right side, hold (optional clap)
13-14 Cross right foot over left, unwind $\frac{3}{4}$ turn left ending with weight on right foot
15-16 Kick left foot forward twice

SHUFFLE BACK RIGHT AND LEFT, ROCK BACK, RECOVER, STEP APART, HOLD & CLAP

17&18 Step back on left, step right beside left, step back on left
19&20 Step back on right, step left beside right, step back on right
21-22 Rock back on left foot, recover on to right foot hop step left foot apart
23-24 Hop step right foot apart, hold and clap (end with feet shoulder width apart)

SWIVEL RIGHT TOGETHER, 4 HEEL SWIVELS WITH $\frac{1}{4}$ TURN LEFT

25-28 With weight on left foot swivel right heel left, swivel right toes left, swivel right heel left, swivel right toes left ending with feet together
29-31 With weight on balls of both feet, swivel heels, left, right, left
32 Swivel heels right turning $\frac{1}{4}$ turn left (end with weight on left foot)

SHUFFLE FORWARD RIGHT, HITCH WITH $\frac{1}{2}$ TURN RIGHT, BACK HITCH, COASTER STEP

33&34 Step forward on right, step left beside right, step forward on right
35-36 Step forward left, hitch right knee up and turn $\frac{1}{2}$ turn right on left foot
37-38 Step back on right, hitch left knee up
39&40 Step back on left, step right beside left, step forward left

SHUFFLE FORWARD RIGHT AND LEFT, STEP, $\frac{1}{2}$ TURN LEFT, STEP, $\frac{1}{4}$ TURN LEFT

41&42 Step forward right, step left beside right, step forward right
43&44 Step forward left, step right beside left, step forward left
45-46 Step forward right, pivot $\frac{1}{2}$ turn left
47-48 Step forward right, pivot $\frac{1}{4}$ turn left (weight ends on left foot)

REPEAT
