

Pick A Pocket

拍數: 64 牆數: 2 級數: Improver
編舞者: Jan Wyllie (AUS)
音樂: Too Many Pockets - Darryl Worley



HEEL STRUTS, CHARLESTON, HEEL STRUTS

1-4 (QQQQ) Heel strut forward on right heel-toe, left heel-toe
5-8 (SS) Touch right toe forward, hold, step right foot back, hold
1-4 (SS) Touch left toe back, hold, step left foot forward, hold
5-8 (QQQQ) Heel strut forward on right heel-toe, left heel-toe

SYNCOPATED VINE WITH ¼ TURN LEFT, BACK-FRONT-FRONT, LOCK STEP FORWARD

1-4 (SS) Step right to right, hold, step left across in front of right, hold
5-8 (QQS) Step right to right, step left across in front of right making ¼ turn left, step back on right, hold
1-4 (QQS) Rock/step back on left, step forward on right, step forward on left, hold
5-8 (QQS) Step forward on right, lock left behind right, step forward on right, hold

¼ TURNING ROCKS, WALKING FULL TURN, SHUFFLE STEP

1-4 (SS) Rock forward on left into ¼ turn right, hold, return ¼ turn left and rock back on right, hold
5-8 (SS) Rock back on left into ¼ turn left, hold, return ¼ turn right and rock forward on right, hold
1-4 (SS) Step forward on left into a ½ turn right, hold, making ½ turn right step forward on right, hold
5-8 (QQS) Shuffle forward left, right, left, hold

STEP, ¼ TURN, MAMBO FORWARD, MAMBO BACK, RUN-RUN-RUN-RUN

1-4 (SS) Stomp forward on right, hold, pivot ¼ turn left transferring weight to left, hold
5-8 (QQS) Rock/step forward on right, rock back on left, step back on right, hold
1-4 (QQS) Rock/step back on left, rock forward on right, step forward on left, hold
5-8 (QQQQ) Run forward right, left, right, left

REPEAT
