

Pins And Needles

拍數: 32 牆數: 4 級數: Improver
編舞者: Jan Brookfield (UK)
音樂: Jagged Edge of a Broken Heart - Bering Strait



TOE STRUTS FORWARD, KICK-BALL-STEP, ROCK STEP

1-4 Right strut forward, toes then heel, left strut forward, toes then heel
5&6 Kick right forward, step back on right, step forward on left
7-8 Step right forward, rock back onto left

COASTER, HALF PIVOT, HALF TURN SHUFFLE, ROCK STEP

9&10 Step back on right, step left next to right, step forward on right
11-12 Step left forward, pivot half turn over right shoulder (weight now on right)
13&14 Shuffling on left, right, left make a half turn over right shoulder
15-16 Rock back on right, rock forward onto left

SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

17-18 Step right to right side, rock onto left
19&20 Shuffle right, left, right across in front to left side
21-22 Step left to left side, rock onto right
23&24 Shuffle left, right, left across in front of right to right side

QUARTER TURN LEFT, COASTER, ROCK STEP, HALF TURN SHUFFLE

25-26 Step right to side, making a quarter turn to left step back on left
27&28 Step back on right, step on left next to right, step right forward
29-30 Step left forward, rock back onto right
31&32 Making a half turn over left shoulder, shuffle forward on left, right, left

REPEAT
