

Redneck Speed

COPPER KNOB
STEPPERS

拍數: 24 牆數: 4 級數: Beginner
編舞者: Yavon Gardner
音樂: Redneckin' - Daryle Singletary



HITCH-SHUFFLE, HITCH-SHUFFLE

1 Hitch right leg (leaning slightly to the left)
&2& Shuffle step to the right (step right, left, right)
3 Hitch left leg (leaning slightly to the right)
&4& Shuffle step to the left (step left, right, left)

HEEL-¼ TURN, JUMP FORWARD, HOLD, JUMP BACK, HOLD, KNEE ROLLS

5& Place right heel forward and pivot ¼ to the left ending with weight evenly on both legs
6 Jump forward on both feet (feet are shoulder width apart)
& Hold
7 Jump back on both feet (shoulder width apart)
& Hold
8 Roll right knee out
& Roll left knee out

TOE-HEEL STRUTS, HEELS UP, HEELS DOWN, HEELS UP, HEELS DOWN

9 Step forward on ball of right foot
10 Lower right heel
11 Step forward on ball of left foot
12 Lower left heel
13 Raise both heels off of the floor
14 Lower heels
15 Raise both heels off of the floor
16 Lower heels

KICK-BALL-CHANGE, KICK-BALL-CHANGE, HEEL SWIVEL, TOE SWIVEL

17 Kick right leg straight out to right side
&18& Right leg swings behind left foot and leads a step ball change (step right foot behind left, step down on left foot, step right beside left)
19 Kick left leg straight out to left side
&20& Left leg swings behind right foot and leads a step ball change (step left foot behind right, step down on right foot, step left beside right)
21 Swivel heels to the left
22 Hold
23 Swivel toes to the left
24 Hold

REPEAT
