

The Rednex

拍數: 32 牆數: 4 級數: Beginner
編舞者: Zandra Varnham (SCO)
音樂: Old Pop in an Oak - Rednex



HEEL SWITCHES, WALKS FORWARD

- 1& Dig right heel forward, replace right foot in place
- 2& Dig left heel forward, replace left foot in place
- 3& Dig right heel forward, replace right foot in place
- 4& Dig left heel forward, replace left foot in place
- 5 Walk forward right
- 6 Walk forward left
- 7 Walk forward right
- 8 Walk forward left

HEEL SWITCHES, WALKS BACK

- 1& Dig right heel forward, replace right foot in place
- 2& Dig left heel forward, replace left foot in place
- 3& Dig right heel forward, replace right foot in place
- 4& Dig left heel forward, replace left foot in place
- 5 Walk back right
- 6 Walk back left
- 7 Walk back right
- 8 Walk back left

POINT SWITCHES, HITCH POINT, GRAPEVINE TOUCH

- 1& Point right toe to right side, step it back in place
- 2& Point left toe to left side, step it back in place
- 3& Point right toe to right side, hitch right knee
- 4 Point right toe to right side (no weight)
- 5 Step right to right side
- 6 Step left behind right
- 7 Step right to right side
- 8 Touch left foot next to right (weight on right)

GRAPEVINE ¼ TURN, JAZZ BOX

- 1 Step left to left side
- 2 Step right behind left
- 3 ¼ turn left stepping left forward
- 4 Touch right toe next to left (weight on left)
- 5 Cross right over left
- 6 Step left foot back
- 7 Step right foot to right side
- 8 Step left next to right (weight on left)

REPEAT