

S & J Twostep

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Denise Moneypenny (WLS)
音樂: Mr. Jones - The Mavericks



KICK FORWARD LEFT, RIGHT, LEFT, CROSS BEHIND, STEP SIDE RIGHT

- 1& Kick left foot forward to left diagonal, step in place beside right
- 2& Kick right foot forward to right diagonal, step in place beside left
- 3& Kick left foot forward to left diagonal, cross step left behind right, (bend knees slightly)
- 4 Step right foot beside left
- 5-8 Repeat steps 1-4

LEFT & RIGHT HEEL STRUTS FORWARD TRIPLE STEP, RIGHT & LEFT HEEL STRUTS, RIGHT COASTER STEP

- 1&2& Left heel strut, right heel strut
- 3&4 Move slightly forward on a triple step (left, right, left)
- 5&6& Right heel strut, left heel strut
- 7&8 Step back on right foot, step together with left foot, step forward on right

STEP SIDE, BEHIND, SIDE CROSS SIDE, BEHIND ¼ TURN, ½ TURN TRIPLE STEP

- 1-2 Step side with left foot, cross right behind left
- 3&4 Step side with left, step right in front of left, step side left
- 5-6 Cross right foot behind left, step left foot a ¼ turn to the left
- 7&8 Triple step a ½ turn left (right, left, right)

ROCK STEP BACK, FORWARD AND BACK ON LEFT, STEP FORWARD LEFT, CROSS IN FRONT, STEP BACK, RIGHT COASTER STEP

- 1& Rock step back on left foot, replace weight forward onto right
- 2& Rock step forward on left foot, replace weight back onto right
- 3&4 Rock step back on left foot, replace weight forward onto right, step forward onto left
- 5-6 Cross step right in front of left, step back onto left foot
- 7&8 Step back on right foot, step left foot beside right, step forward on right foot

REPEAT

At the end of the dance you will finish on section 1. Repeat the first 4 counts as the music slows
