

# 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

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