

Saddle Sore

拍數: 44 牆數: 0 級數:
編舞者: Karen Rose, Ron Hitchen (UK) & Barbara Hitchen (UK)
音樂: Surf Medley - Junior Brown



- 1 Right heel forward
- 2 Left heel forward
- 3 Right foot in place
- 4 Left foot in place

- 5 Right heel forward
- 6 Left heel forward
- 7 Right foot in place
- 8 Left foot in place

- 9 Heel splits
- 10 Heels together
- 11 Left swivet
- 12 Feet back in place

- 13 Heel splits
- 14 Heels together
- 15 Right swivet
- 16 Feet back in place

- 17-20 Traveling backward and making a full turn to the left:
- 21-24 Toe-heel struts right, left, right, left

- 25 Right toe point to the side and use it to provide momentum for the next step
- 26 Pivot $\frac{1}{2}$ turn to the right on ball of left foot, finishing turn with right foot beside left
- 27 Left toe point to the side
- 28 Left foot step beside right

- 29 Right toe point to the side and use it to provide momentum for the next step
- 30 Pivot $\frac{1}{2}$ turn to the right on ball of left foot, finishing turn with right foot beside left
- 31 Left toe point to the side
- 32 Left foot step beside right

- 33 Jump forward landing right, left
- 34 Hold for one beat and clap
- 35 Jump forward landing right, left
- 36 Hold for one beat and clap

- 37 Right foot step to the side
- 38 Left foot step behind right
- 39 Right foot step to the side and $\frac{1}{4}$ turn to the right
- 40 Hitch left knee

- 41 Left foot step to the side
- 42 Right foot step behind left
- 43 Left foot step to the side

REPEAT
