

Scrap It!

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Kathy Kazmarek
音樂: Scrap Piece of Paper - Paul Brandt



1st place winner at 2000 Canadian Country Classic Event
1st place winner at 2000 Little Bit Of Texas Dance Fest
4th place winner at UCWDC World 2001 Country Western Dance Championship

WALK, WALK, TAP, STEP, ½ TURN TRIPLE STEP, KICK BALL-CHANGE

1-4 Walk forward right, left, tap right toe behind left foot, step back onto right foot
5&6 Triple step (left, right, left) while making ½ turn to left
7&8 Kick right forward, step quickly onto ball of right foot and change weight to left foot

WALK, WALK, TAP, STEP, ½ TURN TRIPLE STEP, KICK BALL-CHANGE

9-12 Walk forward right, left, tap right toe behind left foot, step back onto right foot
13&14 Triple step (left, right, left) while making ½ turn to left
15&16 Kick right foot forward, step quickly onto ball of right foot and change weight to left foot

TOE STRUT, CROSS TOE STRUT, ROCK STEP, COASTER STEP

17-18 Step to right with right toe, flap right heel down
19-20 Cross left toe in front of right foot, flap left heel down
21-22 Rock forward at an angle on right foot, step in place on left foot
23&24 Step back on right foot, step together with left foot, step forward onto right foot

TOE STRUT, CROSS TOE STRUT, ROCK STEP, COASTER STEP

25-26 Step to left with left toe, flap left heel down
27-28 Cross right toe in front of left foot, flap right heel down
29-30 Rock forward at an angle on left foot, step in place on right foot
31&32 Step back on left foot, quickly step together with right foot, step forward onto left foot

LINDY RIGHT, ROCK STEP

33&34 Shuffle to right, (right, left, right)
35-36 Rock back on left foot, step in place on right foot

VINE LEFT, ¼ TURN LEFT, HITCH RIGHT KNEE

37-38 Step to left on left foot, cross behind with right foot
39-40 Step on to left foot making ¼ turn to left. Hitch right knee

BUMPS AND GRINDS

41&42 Step down onto right foot while double bumping right hip
43&44 Double bump left hip
45-48 Rotate hips counter to the right for 4 beats

REPEAT
