Shootin' The Blues



拍數: 64 牆數: 1 級數:

編舞者: SanDee Skelton (USA) 音樂: New Train - John Prine



HEEL SPLITS, HOOK, HOOK

Heel splits apart, together, toes fan open, together

5-6 Right heel tap forward, right hook across front of left knee

7-8 Right heel tap forward, right step home

HEEL SPLITS, HOOK, KICKS FORWARD

1-4 Heels split apart, together, toes fan open, together 5-6 Left heel tap forward, left hook across front of right knee

7-8 Left foot kick forward twice

FOUR STEP-TOUCHES, TRAVELING FORWARD

1-2 Step forward on left foot, touch right toe next to left foot 3-4 Step forward on right foot, touch left toe next to right foot

5-8 Repeat 1-4

VINE LEFT, KICK RIGHT FOOT, VINE RIGHT, KICK LEFT FOOT

1-4 Step left, step right behind, step left, kick right foot across left foot 5-8 Step right, step left behind, step right, kick left foot across right foot

VINE LEFT, HITCH-OVER, CROSSOVER CHASSE TO LEFT, STEP, SCUFF

1-4 Step left, step right behind, step left, hitch right knee up ("blow" into fingers like into guns)

5 Cross right foot over left (pretend to put guns in belt)

&6 Step behind on ball of left foot, step right foot to left (feet still crossed) &7-8 Step behind on ball of left foot, step right foot to left, scuff left foot forward

CRUISIN' STYLE VINES AND TURNS

1-3	Step left over right, step right to side, step left behind right
4	Step right foot to right side (1/4 turn right, toes pointing right to "prep")
5	Step left foot out to left side (finishing ½ turn, now facing back wall)
6	"Prep" step on right foot with toes pointing to right, 1/4 turn right
7	Step out on left foot (completing ½ turn to right, now facing front wall)
8	Step right foot behind left
1	"Prep" step left (toes point left 1/4 turn)
2	Step out on right foot (finishing ½ turn, now facing back wall)
3	"Prep" step left (toes point left ¼ turn)
4	Step out on right foot (swinging around to face front again)
5	Step left foot behind right
6	Lunge right foot to right side

8

Slide right foot next to left (no weight), clap hands down and bring up like cymbals

"SKATE" STEPS ZIG-ZAGGING BACKWARDS

Lowering hands like circle to waist

7

1-2 Right foot step back to right corner, left foot drag next to right (no weight)

Step left to side (long step), arms stretched out like wings

3-4 Left foot step back to left corner, right foot drag next to left (no weight)

REPEAT