

Sidewinder

拍數: 40 牆數: 0 級數:
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音樂: How Was I to Know - John Michael Montgomery



Position: Indian position, facing OLOD (right side-by-side position, optional)

DIAGONAL STEPS, TOE TOUCHES

- 1 Step forward and diagonally to the right on right foot
- 2 Touch left toe next to right instep
- 3 Step back & diagonally to the left on left foot
- 4 Touch right toe next to right instep
- 5 Step back & diagonally to the right on right foot
- 6 Touch left toe next to right instep
- 7 Step forward & diagonally to the left on left foot
- 8 Touch right toe next to left foot

CROSS STEPS, TOE TOUCHES

- 9 Cross right foot in front of left and step forward and diagonally to the left on right foot
- 10 Touch left toe next to right instep
- 11 Step back and diagonally to the left on left foot
- 12 Touch right toe next to left instep
- 13 Step back & diagonally to the right on right foot
- 14 Touch left toe next to right instep
- 15 Step forward & diagonally to the left on left foot
- 16 Touch right toe next to left instep
- 17-24 Repeat counts 9-16

ROLLING TURNS

Release left hands and raise right hands

- 25 Step to the right on right foot and begin a full to the right rolling turn traveling to the right
- 26 Step on left foot and continue full to the right rolling turn
- 27 Step on right foot and complete full to the right rolling turn
- 28 Touch left toe next to right instep

Rejoin left hands. Release right hands and raise left hands.

- 29 Step to the left on left foot and begin a full to the left rolling turn traveling to the left
- 30 Step on right foot and continue full to the left rolling turn
- 31 Step on left foot and complete full to the left rolling turn
- 32 Cross right foot over left and step

Rejoin right hands and resume Indian position (or optional right side-by-side position) facing OLOD.

WEAVE LEFT

- 33 Step to the left on left foot
- 34 Cross right foot behind left and step
- 35 Step to the left on left foot
- 36 Cross right foot over left and step
- 37 Step to the left on left foot
- 38 Cross right foot behind left and step
- 39 Step to the left on left foot
- 40 Touch right toe next to left instep

REPEAT

