

Sidewinder

拍數: 72 牆數: 4 級數: Improver
編舞者: Mike Marshall (USA)
音樂: Redneck Rhythm & Blues - Brooks & Dunn



TWIST: RIGHT, HOLD, LEFT, HOLD,

- 1 Twist both heels to the right side
- 2 Hold
- 3 Twist both heels to the left side
- 4 Hold

TWIST RIGHT, LEFT, RIGHT, LEFT

- 5 Twist both heels to the right side
- 6 Twist both heels to the left side
- 7 Twist both heels to the right side
- 8 Twist both heels to the left side

VINE RIGHT, TOUCH

- 9 Step right foot to right side
- 10 Step across behind right leg with left foot
- 11 Step right foot to right side
- 12 Touch left toe beside right foot

VINE LEFT, TOUCH

- 13 Step left foot to left side
- 14 Step across behind left leg with right foot
- 15 Step left foot out to left side
- 16 Touch right toe next to left foot

SIDE, TURN, TURN, TOUCH

- 17 Step right foot to the right side
- 18 Cross left foot over right, pivot ½ turn right on ball of right foot stepping to left side with left foot
- 19 Pivot ½ turn right on ball of left foot stepping to right side with right foot
- 20 Touch left toe next to right foot

DIAGONAL VINE LEFT, TOUCH

- 21 Step forward-left with left foot
- 22 Step across behind left leg with right foot
- 23 Step forward-left with left foot
- 24 Touch right toe next to left foot

DIAGONAL VINE RIGHT, TOUCH

- 25 Step forward-right with right foot
- 26 Step across behind right leg with left foot
- 27 Step forward-right with right foot
- 28 Touch left toe next to right foot

BACK DIAGONAL WALK-TOUCH

- 29 Step back-left with left foot
- 30 Touch right toe next to left foot

- 31 Step back-right with right foot
- 32 Touch left toe next to right foot
- 33 Step back-left with left foot
- 34 Touch right toe next to left foot

APART, CROSS, TURN, HOLD

- 35 Jump apart shoulder width with both feet
- 36 Jump together crossing right foot in front of left foot
- 37 Unwind $\frac{1}{2}$ turn left on balls of both feet
- 38 Hold

HOP, HOP, STRUT, STRUT

- 39 Hop forward on the balls of both feet
- 40 Hop forward on the balls of both feet
- 41 Step forward with right toe
- 42 Drop right heel down
- 43 Step forward with left toe
- 44 Drop left heel down

STRUT, STRUT

- 45 Step forward with right toe
- 46 Drop right heel down
- 47 Step forward with left toe
- 48 Drop left heel down

WALK, 2, 3, KICK

- 49 Step forward on right foot
- 50 Step forward on left foot
- 51 Step forward on right foot
- 52 Kick left foot forward

WALK BACK, 2, 3, HOP, STEP

- 53 Step back with left foot
- 54 Step back with right foot
- 55 Step back with left foot
- & Hop back onto right foot
- 56 Step forward with left foot

WALK, 2, 3, TOUCH

- 57 Step forward with right foot
- 58 Step forward with left foot
- 59 Step forward with right foot
- 60 Touch left toe next to right foot

VINE LEFT, SCUFF

- 61 Step to left side with left foot
- 62 Step across behind left leg with right foot
- 63 Step $\frac{1}{4}$ turn left with left foot
- 64 Scuff right toe forward

CROSS, BACK, SIDE, FORWARD

- 65 Step across in front of left leg with right foot
- 66 Step back with left foot
- 67 Step to the right side with right foot

68 Step slightly forward with left foot

CROSS, BACK, SIDE, FORWARD

69 Step across in front of left leg with right foot

70 Step back with left foot

71 Step to the right side with right foot

72 Step left foot next to right

REPEAT
