

Skidboot

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Sharon Mello (USA)
音樂: Hold Your Horses - Terri Clark



STEP HITCH, SHUFFLE, STEP KICK ½ TURN

- 1-2 Step right foot forward, lift left knee, small hop on right foot
3-4 Shuffle step forward (left, right, left)
5-6 Step right foot forward, kick left foot forward
7&8 Pivot on right foot ½ turn to the right while kicking left foot to back step left foot next to right, then shift weight from right foot to left and touch right toe next to left foot

ROCKS BACK, FORWARD, STEP KICK WITH ¼ TURN, CLAP, HOLD

- &9&10 Rock right foot to right back diagonal, left heel to left front diagonal. (no weight on left) rock forward to left foot, tapping right toe behind, and tipping hat, posture in a slight "bow" (as in "take a bow")
&11-12 Rock right foot to right back diagonal, left heel to left front diagonal (no weight on left), cross left in front of right (weight transfers to left foot)
13-14 Step hop on left, kicking right foot to right side, cross right in front of left
15 Step hop on right taking ¼ turn to the right, kick left foot to left side
&16 Step left foot next to right, tap right toe next to left (no weight on right)

CROSS ROCKS, MONTEREY ½ TURN

- &17&18 Step to right foot, cross left in front of right, rock right to right back diagonal, left heel to left front diagonal (no weight on left)
&19&20 Step left next to right, cross right in front of left, rock left to left back diagonal, right heel to right front diagonal (no weight on right)
&21-22 Step right next to left, step left forward, point right toe to right side (no weight on right)
23&24 Cross right behind left, taking ½ turn to the right and shifting weight to right foot during turn, step back left, step forward right

½ TURNS, HOLD CLAP

- 25-26 Point left toe to left side, cross left in front of right
27-28 Unwind ½ turn to the right shifting weight to left, lap hands, and point right toe to right side
29-30 Cross right behind left and unwind ½ turn to the right shifting weight to right during turn
&31-32 Shift weight to left foot, point right toe next to left (no weight on right) clap and hold

SHUFFLE, ½ TURN, ROCKS

- 33&34 Shuffle step forward (right-left-right)
35-36 Step forward left, pivot ½ turn to the right, taking weight to right foot
&37&38 Rock forward onto left foot, right toe touches to right back rock back to right foot, left heel touches forward
&39&40 Step left next to right, transfer weight to left foot, point right toe to right side, step right next to left, transfer weight to right foot, point left toe to left side
& Step left next to right, transferring weight to left foot (no weight on right)

REPEAT