

Slick

拍數: 48 牆數: 0 級數:
編舞者: Michelle (Shelley) Silva (USA)
音樂: Stone Cold Country - The Gibson Miller Band



STEP SLIDE, $\frac{3}{4}$ TURN

- 1 Step right to right side
- 2 Slide step left to beside right
- 3 Turning body slightly to face left, step right to right side (toe pointing to 10 o'clock)
- 4 Cross left behind right (toe pointing to 3 o'clock, heel off floor)
- 5 On balls of both feet, unwind left (to 3 o'clock - $\frac{3}{4}$ turn completed)
- 6 Step down on left

KICK BALL CHANGE

- 7 Kick right forward
- & Stepping back on right, slightly lift left
- 8 Step down on left

ROCK STEPS, $\frac{1}{2}$ PIVOT

- 9 Keeping left in place, step forward on right
- 10 Rock back on left
- 11 Keeping left in place, step back on right
- 12 Rock forward on left
- 13 Keeping left in place, step forward on right
- 14 Rock back on left
- 15 On ball of left, pivoting $\frac{1}{2}$ turn right (9 o'clock), step forward on right
- 16 Step forward on left

MONTEREY SPINS

- 17 Touch right toe out to right side
- 18 Step right beside left
- 19 Touch left toe out to left side
- 20 On ball of right, pivoting $\frac{1}{2}$ turn left (3 o'clock), step left beside right
- 21 Touch right toe out to right side
- 22 Step right beside left
- 23 Touch left toe out to left side
- 24 On ball of right, pivoting $\frac{1}{2}$ turn left (9 o'clock), step left beside right

KICK BALL CHANGES

- 25 Kick right forward
- & Stepping back on right, slightly lift left
- 26 Step down on left
- 27 Kick right forward
- & Stepping back on right, slightly lift left
- 28 Step down on left

$\frac{1}{4}$ TURN

- 29 Taking a big step forward on right, turn $\frac{1}{4}$ turn left (6 o'clock)
- 30-32 Slowly bring left to beside right (weight to left step 32)

KNEE POPS

In place weight changes - bending knees, motion will be in hips

- 33 Weight on left, feet together, raise right heel, pointing knee left
- 34 Hold
- 35 Shifting weight to right, raise left heel, pointing knee right
- 36 Hold
- 37 Shifting weight to left, raise right heel, pointing knee left
- 38 Shifting weight to right, raise left heel, pointing knee right

KICK BALL CHANGE

- 39 Shifting weight to left, kick right forward
- & Stepping back on right, slightly lift left
- 40 Step down on left

SAILOR SHUFFLES

- 41 Step right behind left (turn body to face slightly to right)
- & Step left to left side (facing forward)
- 42 Step right slightly forward and to right side (facing forward)
- 43 Step left behind right (turn body to face slightly to left)
- & Step right to right side (facing forward)
- 44 Step left slightly forward and to left side (facing forward)

¼ TURN

- 45 Step forward on right
- 46 Pivot ¼ turn left (3 o'clock), shifting weight to left
- 47 Stomp right beside left
- 48 Hold & clap

REPEAT
