Slow Motion



拍數: 32 編數: 2 級數: Improver

編舞者: Iris M. Mooney (USA) 音樂: You Walked In - Lonestar



SLIDE STEP FORWARD (45 DEGREES), TOUCH BACK AT A ANGLE, RIGHT & LEFT FOOT (SLOW SYNCOPATION STEP) A SKATING MOTION

1	Slide right foot	forward with k	nee hent at a 4	5 degrees angle right
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& Straighten right knee up

2 Touch left toe back at a angle left

3 Slide left foot forward with knee bent at a 45 degrees angle left

& Straighten left knee up

4 Touch right toe back at a angle right

5 Slide right foot forward with knee bent at a 45 degrees angle right

& Straighten right knee up

6 Touch left foot back at a angle left

7 Slide left foot forward
& Straighten left knee up
8 Touch right toe straight back

TOE TWISTING RIGHT TOE(LEFT & RIGHT)

9	Twist right toe in towards left instep touching floor
10	And twist right toe pointing right touching floor

11 Twist right toe in towards left instep

12 And step right foot in place

TOE TWISTING LEFT TOE (RIGHT & LEFT)

13	Twist left toe in towards right instep touching floor
14	And twist left toe pointing left touching floor
15	Twist left toe in towards right instep touching floor
40	And stone left foot in miner

And step left foot in place

1/2 TURN RIGHT, SHUFFLE IN PLACE

17	Put ball of right foot behind left foot, turning ½ right
18	Keeping weight on right foot
19	Step left foot in place
&	Step right foot in place
20	Step left foot in place

1/4 TURN LEFT SHUFFLE 1/4 TURN RIGHT SHUFFLE

21	On ball of right foot turn 1/4 left
&	Step left next to right foot
22	Step right foot next to left foot
23	On ball of left foot turn 1/4 right
&	Step right foot next to left foot
24	Step left foot next to right foot.

TOE-HEEL TOUCHES BACKWARDS WITH A SNAP

25-26	Step right toe back, snap your fingers as you put your heel down
27-28	Step left toe back, snap your fingers as you put your heel down
29-30	Step right toe back, snap your fingers as you put your heel down

REPEAT