

Slow Motion

拍數: 32 牆數: 2 級數: Improver
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音樂: You Walked In - Lonestar



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

- 1 Slide right foot forward with knee bent at a 45 degrees angle right
- & 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
- 16 And step left foot in place

½ 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

¼ TURN LEFT SHUFFLE ¼ TURN RIGHT SHUFFLE

- 21 On ball of right foot turn ¼ left
- & Step left next to right foot
- 22 Step right foot next to left foot
- 23 On ball of left foot turn ¼ 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

31-32

Step left toe back, snap your fingers as you put your heel down

REPEAT
