

Slow Poke (P)

拍數: 64 牆數: 0 級數: Partner
編舞者: Norman Gifford (USA)
音樂: Slowpoke - Pee Wee King



STEP FORWARD, BRUSH, HOOK, BRUSH, STEP FORWARD, BRUSH, HOOK, BRUSH

1-2 Left step forward; right brush forward
3-4 Right hook across in front of left; right brush forward
5-8 Repeat previous four steps with opposite feet

STEP BRUSH, STEP BRUSH, LOCK STEP FORWARD

1-4 Left step forward; right brush; right step forward; left brush
5-8 Left step forward; right lock behind left; left step forward; right brush

ROCK STEP, TURN STEP TO SIDE, CROSSOVER, STEP SIDE, CROSS BEHIND, STEP SIDE, BRUSH

1-2 Right rock forward; left replace
3-4 Right step side turning ¼ right; left crossover
5-8 Right step side; left cross behind; right step side (in 3rd position); left brush

ROCK STEP TURNING ½ LEFT, STEP FORWARD, BRUSH, LOCK STEPS, BRUSH

1-2 Left rock forward (RLOD); replace right turning ½ left
3-4 Step left forward (LOD); right brush
5-8 Right step forward; left lock step forward; right step forward; left brush

STARTER STEPS WITH HOLDS TURNING ¼ RIGHT

1-4 Left step forward; right together turning ¼ right; left together; hold
5-8 Right step side; left together; right step in place; hold

Rock step, replace, step forward turning ½ right, hold, step side, crossover, STEP SIDE, HOLD

1-4 Left rock back; right replace; left step forward turning ½ right; hold
5-8 Right step side; left crossover; right step side; hold

ROCK STEP, REPLACE, STEP FORWARD TURNING ½ RIGHT, HOLD, STEP SIDE, CROSSOVER, STEP SIDE, HOLD

1-8 Repeat previous 8 counts

ROCK STEP, REPLACE TURNING TO LOD, STEP FORWARD BRUSH, LOCK STEP FORWARD, BRUSH

1-2 Left rock back right oblique; right replace turning to LOD
3-4 Left step forward; right brush
5-8 Right step forward; left lock step forward; right step forward; left brush

REPEAT

May be done as a couples dance with woman on opposite footwork starting in open position with inside hands joined. Couples join both hands in pattern 3. Man does left underarm turn with woman on patterns 6 & 7.