

# Slow Pokin'

拍數: 56      牆數: 4      級數: Intermediate  
編舞者: Waylon Robbins (USA)  
音樂: Heart's Desire - Lee Roy Parnell



Begin with feet shoulder width apart

## HEEL BOUNCES, ½ TURNS, MOON JUMP

- 1-4      Keeping balls of both feet on floor, tap (bounce) heels to floor 4 times (shifting weight to left on step #4)
- 5      Step forward on right
- 6      Pivot ½ turn left (6:00), changing weight to left
- &      Step right out to right side
- 7      Step left out to left side
- 8      Hold & clap

## HEEL BOUNCES, ½ TURNS, MOON JUMP

- 1-4      Keeping balls of both feet on floor, tap (bounce) heels to floor 4 times (shifting weight to left on step #4)
- 5      Step forward on right
- 6      Pivot ½ turn left (12:00), changing weight to left
- &      Step right out to right side
- 7      Step left out to left side
- 8      Hold & clap

## ¼ TURNS, ½ TURN

- 1      Making ¼ turn right (3:00), step on right
- 2      Touch left beside right and clap
- 3      Making ¼ turn left (12:00), step on left
- 4      Touch right beside left and clap
- 5      Making ¼ turn right (3:00), step on right
- 6      Touch left beside right and clap
- 7      Making ½ turn to left (9:00), step on left
- 8      Touch right beside left and clap

## KICKS, SIDE STEP TOUCHES

- 1      Kick right forward
- 2      Kick right out to side
- 3      Step back on right
- 4      Kick left forward
- 5      Step left out to side
- 6      Touch right toe beside left, snapping hands out to front
- 7      Step right out to right side
- 8      Touch left toe beside right, snapping hands out to front

## KICKS, SIDE STEP TOUCHES

- 1      Kick left forward
- 2      Kick left out to left side
- 3      Step back on left
- 4      Kick right forward
- 5      Step right out to right side
- 6      Touch left toe beside right, snapping hands out to front

- 7 Step left out to left side
- 8 Touch right toe beside left, snapping hands out to front

### **½ PIVOTS**

- 1 Step forward on right
- 2 Pivot ½ turn left (3:00), changing weight to left
- 3 Step forward on right
- 4 Pivot ½ turn left (9:00), changing weight to left

### **FORWARD (KEEP FEET SHOULDER WIDTH APART)**

- 5 Step slightly forward on right
- & Step forward on left to beside right
- 6 Hold & clap
- 7 Step slightly forward on right
- & Step forward on left to beside right
- 8 Hold & clap

### **REVERSE & FORWARD (KEEP FEET SHOULDER WIDTH APART)**

- 1 Step slightly back on right
- & Step back on left to beside right
- 2 Hold & clap
- 3 Step slightly forward on right
- & Step forward on left to beside right
- 4 Hold & clap
- 5 Step slightly back on right
- & Step back on left to beside right
- 6 Hold & clap
- 7 Step slightly forward on right
- & Step forward on left to beside right
- 8 Hold & clap

### **REPEAT**

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