

Smoothinnit

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Gaye Teather (UK)
音樂: Wings On My Heels - Dave Sheriff



HEEL GRIND, ¼ TURN RIGHT, COASTER STEP, STEP PIVOT ¼ RIGHT, CROSS SHUFFLE

1-2 Touch right heel forward, grind right heel ¼ turn right (weight on left)
3&4 Step back on right, close left beside right, step forward on right
5-6 Step forward on left, pivot ¼ turn right
7&8 Cross step left over right, step right to right side, step left over right (6:00)

HEEL GRIND, ¼ TURN RIGHT, COASTER STEP, STEP PIVOT ¼ RIGHT, CROSS SHUFFLE

9-16 Repeat steps 1-8 (12:00)

SWEEP ¼ TURN LEFT, TOUCH, COASTER STEP, FORWARD ROCK, LEFT LOCK BACK

17-18 Sweep right foot out and round making ¼ turn left on ball of left foot, touch right beside left
19&20 Step back on right, close left beside right, step forward on right
21-22 Rock forward on left, recover onto right
23&24 Step back on left, lock right over left, step back on left (9:00)

TOUCH BEHIND, ½ TURN RIGHT, COASTER STEP, FORWARD ROCK, LEFT LOCK BACK

25-26 Touch right toe behind left foot, on ball of left foot pivot ½ turn right (weight remains on left)
27&28 Step back on right, close left beside right, step forward on right
29-30 Rock forward on left, recover onto right
31&32 Step back on left, lock right over left, step back on left (3:00)

¼ RIGHT, TOUCH, KICK-BALL-CROSS, ¾ TURN RIGHT, LEFT SHUFFLE FORWARD

33-34 Make ¼ turn right stepping right to right side, touch left beside right
35&36 Kick left foot forward, step left in place, step right over left
37-38 Make ¼ turn right stepping back on left, make ½ turn right stepping forward on right
39&40 Step forward on left, close right beside left, step forward on left (3:00)

CROSS, SIDE, SAILOR STEP TWICE

41-42 Cross step right over left, step left to left side
43&44 Cross right behind left, step left to left, step right to right
45-46 Cross step left over right, step right to right side
47&48 Cross left behind right, step right to right, step left to left

CROSS ROCK, SHUFFLE ¾ RIGHT, FORWARD ROCK, COASTER STEP

49-50 Cross rock right over left, recover onto left
51&52 Shuffle ¾ turn right stepping right, left, right
53-54 Rock forward on left, recover onto right
55&56 Step back on left, close right beside left, step forward on left (12:00)

CROSS ROCK, SHUFFLE ¾ RIGHT, FORWARD ROCK, COASTER STEP

57-64 Repeat steps 49-56 (9:00)

REPEAT