

Snail Mail

拍數: 32 牆數: 4 級數: Improver
編舞者: Aina Fystro (NOR)
音樂: Why Haven't I Heard From You - Reba McEntire



2nd place for Country Newcomer/Novice at the 2nd Norwegian Championships

STEP SLIDE, TOUCH, TOUCH, COASTER, HIP BUMPS

1-2 Step right to right side, slide left towards right
3-4 Touch left toes forward, touch left toes left
5&6 Step left foot back, step right foot next to left, step left foot forward
7 Touch right toes slightly forward while bumping hips to the right
&8& Bump hips to the left, bump hips to the right, bump hips to the left

WALK, WALK, LOCK, ¼ SWEEP LEFT, HEEL JACK

1-2 Walk right, walk left
3&4 Step right back, lock left in front of right, step right back
5-6 Make a ¼ turn left on right foot while sweeping left foot, step left foot next to right foot
&7 Step right foot slightly back, touch left heel forward
&8 Step left beside right, touch right beside left

STEP SLIDE, ½ PADDLE TURN, CROSSING SHUFFLE

1-2 Step right to right, slide left towards right
&3-4 Step left next to right, cross right in front of left, step left out to the side
&5 Hitch right knee slightly while pivoting ¼ left, touch right toe to right side
&6 Hitch right knee slightly while pivoting ¼ left, touch right toe to right side
7&8 Cross right in front of left, step left to left, cross right in front of left

STEP BACK LEFT, STEP RIGHT TO SIDE, SHUFFLE, SKATE, SKATE

1-2 Step left back, step right out to the side
3&4 Shuffle forward left, right, left
5-6 Twist diagonal right landing with weight on right foot, twist diagonal left landing with weight on left foot
7-8 Twist diagonal right landing with weight on right foot, twist diagonal left landing with weight on left foot

REPEAT
