

Speed Stick

拍數: 40 牆數: 4 級數: Intermediate
編舞者: John Bailey (CAN)
音樂: Mari-Mac - Great Big Sea



HEEL, SCOOT & HITCH

- 1& Touch right heel forward, hitch right knee & scoot forward with left
2& Touch right heel forward, hitch right knee & scoot forward with left
3&4 Touch right heel forward, step down on right, stomp left beside right (no weight)

SYNCOPATED WEAVE

- 5-6 Step out to the left with left foot, bring right behind
&7 Step out to the left with left foot, bring right across left
&8 Step left beside right, stomp right beside left (no weight)

SHUFFLE, WALK, SCUFF, SCOOT, STEP, SHUFFLE (WHEW!)

- 9&10 Shuffle forward with right (rt, lt, rt)
11-12 Walk forward with left, then right
13&14 Scuff left heel forward, hitch left knee & scoot back on right, step back with left
15&16 Shuffle back with right

TOE TOUCHES & SCOOT

- 17& Touch left toe back, scoot back on right leg
18& Touch left toe back, scoot back on right leg
19& Touch left toe back, scoot back on right leg
20 Bring left beside right

SYNCOPATED WEAVE

- 21-22 Step out to the right with right foot, bring left behind
&23 Step out to the right with right foot, bring left across right
&24 Step out to the right with right foot, stomp left beside (no weight)

SHUFFLE, WALK, SCUFF, SCOOT, STEP, SHUFFLE WITH 1/4 TURN (YIKES!)

- 25&26 Shuffle forward with left (lt, rt, lt)
27-28 Walk forward with right, then left
29&30 Scuff right heel forward, hitch right knee & scoot forward on left foot, step forward with right
31&32 Shuffle in place with left, right, left making a 1/4 turn right

FUNKY HOEDOWN!

- 33& Touch right heel forward, hitch right leg (toe pointing behind & down - leg bent at knee) & hop slightly forward on left
34& Touch ball of right foot back, hitch right leg & hop slightly back on left
35&36 Touch right heel forward, step down on right foot & hitch left knee, touch ball of left foot beside right
37& Touch left heel forward, hitch left leg (leg bent toe pointing behind & down) & hop slightly forward on right
38& Touch ball of left foot back, hitch left leg & hop slightly back on right
39&40 Touch left heel forward, step down on left foot & hitch right knee, touch the ball of right foot beside left

REPEAT

