

Spellbound

拍數: 64 牆數: 1 級數:
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: It's Midnight Cinderella - Garth Brooks



RIGHT AND LEFT TOE FANS (DONE WITH WEIGHT ON BOTH HEELS)

- 1-2 Swing right toes out to side; swing right toes back to center
- 3-4 Swing right toes out to side; swing right toes back to center
- 5-6 Swing left toes out to side; swing left toes back to center
- 7-8 Swing left toes out to side; swing left toes back to center

TOE AND HEEL SPLITS, FORWARD SHUFFLE, ROCK STEP

- 9-10 With weight on both heels, spread toes out to sides; with weight on balls of feet, spread heels out to sides
- 11-12 With weight on balls of feet, bring heels back to center; with weight on both heels, bring toes back to center
- 13&14 Shuffle forward (right, left, right)
- 15-16 Rock forward on left foot; rock back on right foot

BACK SHUFFLE, ROCK STEP, STEP TURN, FORWARD SHUFFLE

- 17&18 Shuffle back (left, right, left)
- 19-20 Rock back on right foot; rock forward on left foot
- 21-22 Step forward on right foot; pivot ½ turn to left on right shift weight to left foot
- 23&24 Shuffle forward (right, left, right)

ROCK STEP, BACK SHUFFLE, ROCK STEP, STEP TURN

- 25-26 Rock forward on left foot; rock back on right foot
- 27&28 Shuffle back (left, right, left)
- 29-30 Rock back on right foot; rock forward on left foot
- 31-32 Step forward on right foot; pivot ½ turn to left on right shift weight to left foot

RIGHT GRAPEVINE WITH TOUCH, LEFT ROLLING VINE WITH TOUCH

- 33-34 Step right with right foot; step left foot behind right
- 35-36 Step to right with right foot; touch left foot next to right
- 37-38 Step to left with left foot while pivoting ¼ turn to left, step right foot across left foot while pivoting ½ turn to left
- 39-40 Step left foot back across right while pivoting ¼ turn to left, touch right next to left

BACKWARDS STEP TOUCHES WITH CLAPS (DONE AT 45 DEGREE ANGLE)

- 41-42 Step back on right foot; touch left foot next to right and clap
- 43-44 Step back on left foot; touch right foot next to left and clap
- 45-46 Step back on right foot; touch left foot next to right and clap
- 47-48 Step back on left foot; touch right foot next to left and clap

PADDLE TURNS (PUSH RIGHT HIP OUT AS YOU TURN)

- 49-50 Touch right toes forward as you change weight to right; on ball of left foot, pivot ¼ turn to left
- 51-52 Touch right toes forward as you change weight to right; on ball of left foot, pivot ¼ turn to left
- 53-54 Touch right toes forward as you change weight to right; on ball of left foot, pivot ¼ turn to left
- 55-56 Touch right toes forward as you change weight to right; on ball of left foot, pivot ¼ turn to left

STEP SLIDES (DONE AT 45 DEGREE ANGLE)

- 57-58 Step forward on right foot; slide left foot to right heel

59-60 Step forward on right foot; touch left foot next to right
61-62 Step forward on left foot; slide right foot to left heel
63-64 Step forward on left foot; touch right heel next to left

REPEAT
