

# Spinnafex

拍數: 80      牆數: 4      級數: Intermediate  
編舞者: Trevor Smith (AUS)  
音樂: Wishbone - Doug Stone



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- 1-2            Left 45 heel tap and replace  
3-4            Right 45 heel tap and replace  
5-8            Repeat steps 1 to 4
- 9-10           Rock forward onto left foot, rock back onto right foot  
11-12          Rock back onto left foot, rock forward onto right foot  
13-14          Touch left toe out to left side, step left foot in beside right
- 15-16          Rock forward onto right foot, rock back onto left foot  
17-18          Rock back onto right foot, rock forward onto left foot  
19-20          Touch right toe out to right side, step right foot in beside left
- 21-22          Left 45 heel tap and replace  
23-24          Right 45 heel tap and replace  
25-26          Step forward onto left foot, pivot  $\frac{1}{4}$  turn right placing weight onto right foot & touching left toe into right instep  
27-30          Repeat steps 25-26 twice  
31-32          Step forward onto left foot, pivot  $\frac{1}{4}$  turn right to execute a ball change movement ending with weight on left foot  
33-34          Step forward onto right foot, pivot  $\frac{1}{4}$  turn left placing weight onto left foot & touching right toe into left instep  
35-38          Repeat steps 33-34 twice  
39-40          Step forward onto right foot, pivot  $\frac{1}{4}$  turn left to execute a ball change movement ending with weight on right foot
- 41-42          Left 45 heel tap and replace  
43-44          Right 45 heel tap and replace  
45-46          Step forward on left foot at 45 degrees left, step right across behind bending knees  
47-48          Step forward on left foot at 45 degrees left straightening knees, step right across behind bending knees  
49-50          Step forward on left foot at 45 degrees left straightening knees, step right across behind bending knees  
51-52          Step forward on left foot at 45 degrees left straightening knees, kick right foot across in front of left leg
- 53-54          Step forward on right foot at 45 degrees right, step left across behind bending knees  
55-56          Step forward on right foot at 45 degrees right straightening knees, step left across behind bending knees  
57-58          Step forward on right foot at 45 degrees right straightening knees, step left across behind bending knees  
59-60          Step forward on right foot at 45 degrees right straightening knees, kick left foot across in front of right leg
- 61&62          Shuffle forward left-right-left  
63&64          Shuffle forward right-left-right  
65-66          Step forward onto left foot, pivot  $\frac{1}{4}$  turn right placing weight onto right foot  
67-68          Step forward onto left foot, pivot  $\frac{1}{4}$  turn right placing weight onto right foot

69-70 Step forward onto left foot, pivot  $\frac{1}{4}$  turn right placing weight onto right foot

71&72 Shuffle forward left-right-left

73&74 Shuffle forward right-left-right

75-76 Step forward onto left foot, stomp right foot in beside left

77-78 Heel splits

79-80 Heel splits

**REPEAT**

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