

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
