

Squeeze Box

拍數: 48 牆數: 4 級數: Improver
編舞者: Dan Albro (USA)
音樂: Squeeze Box - McBride & The Ride



SLIDE RIGHT, LEFT SAILOR SHUFFLE, BALL, LUNGE, RIGHT SAILOR, CROSSING OVER TRIPLE

1-2&3 Slide right side, cross left behind, step side right, step side on the ball of left
&4 Step on the ball of right next to left, take a large step side left
5&6 Cross right behind, step side left, step side right
7&8 Cross left over right, step side right, cross left over right

SLIDE RIGHT, LEFT SAILOR, BALL, LUNGE, RIGHT SAILOR, STEP FORWARD LEFT, PIVOT ½ RIGHT

1-2&3&4 Repeat above
5&6-7-8 Cross right behind, step side left, step forward right, step forward left, pivot ½ turn right
(weight on right)

SHUFFLE FORWARD LEFT, ROCK FORWARD RIGHT, BACK LEFT, SHUFFLE BACK RIGHT, ROCK BACK LEFT, FORWARD RIGHT

1&2-3-4 Shuffle forward left, right, left, rock forward right, replace weight on left
Turn option: shuffle forward left, right, left, rock forward right, replace weight on left turning ½ right
5&6-7-8 Shuffle back right, left, right, rock back left, replace weight on right
Turn option: shuffle forward right, left, right, rock forward left, replace weight on right turning ½ left

SHUFFLE FORWARD LEFT, STEP FORWARD RIGHT, PIVOT ½ LEFT, SHUFFLE FORWARD RIGHT, FULL TURN RIGHT

1&2-3-4 Shuffle forward left, right, left, step forward right, pivot ½ left (weight on left)
5&6-7 Shuffle forward right, left, right, (travel forward on turn) turn ½ right stepping back on left
8 Turn ½ right stepping forward on right

STEP, KICK & HEEL & STEP & HEEL & STEP & HEEL & STEP (HEEL JACKS)

1-2&3& Step forward left, kick right forward, step back on right, touch left heel forward, step left in place
4&5 Step right next to left, step back on left, touch right heel angle forward
&6&7 Step on right, step left next to right, step back on right, touch left heel angle forward
&8 Step on left, step right next to left

& HEEL, CLAP, & ¼ TURN HEEL, CLAP, & STEP, ¼ TURN, STEP, ¼ TURN

&1-2 Step back on left, touch right heel forward, hold and clap
&3-4 Turning ¼ left; step back on right, touch left heel forward, hold and clap
&5-6-7-8 Step back on left, step forward right, pivot ¼ turn left, step forward right, pivot ¼ turn left

REPEAT