

Stetzin'

拍數: 32 牆數: 0 級數:
編舞者: Julia McCarty
音樂: Get Into Reggae Cowboy - The Bellamy Brothers



FOUR SHUFFLES FORWARD

1&2 Shuffle forward right foot (right-left-right)
3&4 Shuffle forward left foot (left-right-left)
5&6 Shuffle forward right foot (right-left-right)
7&8 Shuffle forward left foot (left-right-left)

¼ TURN LEFT MOVING SIDEWAYS

As you are moving sideways your arms are bent and palms facing out, as you push you fan your palms out and in.

9 Step forward right foot turning ¼ left bending right knee
10 Slide left foot sideways as you straighten right-knee (like a bend and push-moving back sideways)
11 Slide right foot with bent knee along side of left foot
12 Pushing left foot sideways and straightening right-knee
13 Slide right foot with bent knee along side of left foot
14 Pushing left foot sideways and straightening right-knee
15 Slide right foot with bent knee along side of left foot
16 Pushing left foot sideways and straightening right-knee

17 Right foot steps ¼ turn to right
18 Touch left toe out to side
19 Step forward on left foot
20 Touch right toe out to side
21 Step forward on right foot
22 Touch left toe out to side
23 Bring left foot together with a stomp
24 Kick out with left foot
25 Step forward on left foot
26 Pivot ½ turn to right on ball of left foot bringing weight down on right foot
27 Step forward on left foot
28 Pivot ½ turn to right on ball of left foot bringing weight down on right foot
29 Rock forward on left foot
30 Rock back on right foot
31&32 Polka steps in place--left-right-left

REPEAT