

Stone Cold

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Maggie Cadwell (IRE)
音樂: Laid Back Stone Cold - Michelle Wright



KNEE POP-HOLD / KNEE POP-HOLD / KNEE POP / SIDE TOUCH / HITCH / TOUCH

- 1-2 Bend right knee in lifting up right heel, hold position for 1 count
&3-4 Lower right heel bend left knee in lifting up left heel, hold 1 count
&5-6 Lower left heel bend right knee in lifting up right heel, touch right toe to right side
7-8 Hitch right foot next to left knee, touch right toe to right side

SIDE CHASSE WITH ½ TURN / ROCK STEP WITH ½ TURN (RIGHT AND LEFT)

- 1&2 Step right to right side, step left next to right, step right to right side making ½ turn to right
3-4 Step left foot to left side, rock weight back onto right foot making ½ turn to left
5&6 Step left to left side, step right next to left, step left to left side making ½ turn to left
7-8 Step right foot to right side, rock weight back onto left foot making ½ turn to right

SHUFFLE FORWARD / ½ TURN / STEP-CLAP / ½ TURN-CLAP

- 1&2 Shuffle forward on right-left-right
3-4 Step forward on left, pivot ½ turn right
5-6 Step left forward, hold position clapping hands
7-8 On ball of left foot spin ½ turn left stepping forward on right foot, hold position clapping hands

VINE LEFT / SWITCH AND TOUCH / HOLD FOR 2 COUNTS / KICK BALL CHANGE

- 1-2 Step left to left side, cross right behind
3&4 Step left to left side, quickly step right in place, touch left toe to left side
5-6 Holding this position for 2 counts
7&8 Kick left foot forward, step left in place, step right in place

HEEL-TOE WITH ¼ TURN / BEHIND-SIDE-CROSS / HEEL-TOE / BEHIND-SIDE-CROSS

- 1-2 Making ¼ turn right on ball of right foot touch left heel to left side, drop left toe to floor
3&4 Cross step right foot behind left, step left foot to left side, cross step right in front of left
5-8 Repeat above counts 1-4 again without the ¼ turn

SHUFFLE FORWARD / ½ TURN / STEP-SCUFF-CROSS-TOE TOUCH

- 1&2 Shuffle forward on left-right-left
3-4 Step forward on right foot, pivot ½ turn left
5-6 Step right foot forward, scuff left foot forward
7-8 Swing left foot across in front of right, touch left toe to floor over in front of right foot keeping right heel raised off floor

HEEL TAPS / BACK-SLIDE / SHUFFLE BACK / ROCK STEP

- 1-2 Tap left heel to floor twice
3-4 Step back on right, slide left foot back to right (weight on left)
5&6 Shuffle back on right-left-right
7-8 Step back onto left foot, rock weight forward onto right foot

SHUFFLE FORWARD / ¼ TURN WITH SIDE ROCK STEP / FULL WALKING TURN RIGHT

- 1&2 Shuffle forward on left-right-left
3-4 Making ¼ turn left step to right side on right foot, rock weight onto left foot
5-8 Making a full turn to the right walk in place on right-left-right-left

REPEAT
