

Stretch Your Legs

拍數: 32 牆數: 2 級數: Improver
編舞者: Larry Bass (USA)
音樂: Bad for Good - Deryl Dodd



KICK & ROMP & STEP ¼ TURN; SAILOR SHUFFLES

1&2 Kick right foot forward, & step right foot back; touch left heel forward
& Step left foot beside right
3-4 Step right foot forward; turn ¼ turn left onto left foot
5&6 Step right foot behind left, step left foot to left, step right foot diagonally forward to right
7&8 Step left foot behind right, step right foot to right, step left foot diagonally forward to left

SYNCOPATED BEHIND CROSS STEPS; SAILOR SHUFFLE, SAILOR SHUFFLE WITH HEEL TOUCH

9& Cross right foot behind left, step left foot to left
10& Cross right foot behind left, step left foot to left
11& Cross right foot behind left, step left foot to left
12 Cross right foot behind left
13&14 Step left foot behind right, step right foot to right, step left foot diagonally forward to left
15&16 Step right foot behind left, step left foot to left, touch right heel diagonally forward to right

VAUDEVILLE STEPS; CROSSOVER SHUFFLE, SIDE ROCK, ¼ TURN

&17 Step right foot slightly back, cross left foot over right
&18 Step right foot slightly to right, touch left heel diagonally forward to left
&19 Step left foot slightly back, cross right foot over left
&20 Step left foot slightly to left, touch right heel diagonally forward to right
&21 Step right foot slightly back, cross left foot over right
&22 Step right foot slightly to right, cross left foot over right
23-24 Step right foot to right; rock onto left foot while turning ¼ turn left

FORWARD SHUFFLE, STEP PIVOT; TURNING SHUFFLE, ROCK STEP

25&26 Shuffle forward right, left, right
27-28 Step left foot forward; turn ½ turn right onto right foot
29&30 Shuffle left, right, left while turning ½ turn right
31-32 Step right foot back; rock forward onto left foot

REPEAT
