

Strike 3

拍數: 40 牆數: 2 級數: Improver
編舞者: Pat Atkinson (USA) & Sarah Towns (USA)
音樂: Swing - Trace Adkins



JUMP OUT, JUMP ACROSS, TURN ½ TO THE LEFT

&1-2 Step left foot to left foot, step right foot to right
&3-4 Step left foot beside right, step right foot across left foot, hold
5-6-7-8 Slowly unwind to the left swinging imaginary bat around

BASEBALL DIAMOND SHUFFLE

1&2-3&4 Right triple step 45 degrees right, left triple step (1st base)
& Turn ¼ to the right toward 2nd base (backwards)
5&6-7&8 Right triple step backward, left triple step backward
& Turn ¼ to the right toward 3rd base (forward)
9&10-11&12 To 3rd base with right triple step, left triple step
& Turn ¼ to the right to home (backwards)
13&14-15&16 To home with right triple step, left triple step (completing diamond & facing original line of dance)

RIGHT KICK-BALL-TAP, LEFT KICK-FALL-TAP, LEFT ¼ TURN ONTO RIGHT, HOLD, LEFT-RIGHT-LEFT

1&2 Right kick-ball-tap left to left
3&4 Left kick-ball-tap right to right
5-6 Turn ¼ left stepping onto right foot, hold
&7-8 Step left beside right, step right to right side, tap left foot beside right

LEFT FOOT VINE WITH SYNCOPATED ¼ LEFT TURN, PIVOT, JUMP

1-2 Step left foot to left, step right foot behind left foot
3&4 Step left foot into ¼ left turn, step right beside left foot, step left foot forward
5-6 Step right foot forward, pivot ½ left onto left foot
7-8 Jump forward bringing both feet together

REPEAT