

The Suzy-Drew

拍數: 32 牆數: 2 級數:
編舞者: Regina Waldron (USA)
音樂: Man! I Feel Like a Woman! - Shania Twain



OUT-OUT-IN-IN, HOLDS WITH CLAPS, SYNCOPATED STEPS BACK, HOLDS WITH CLAPS

- & Step to the left on left foot
- 1 Step right foot about shoulder width apart from left
- 2 Hold and clap hands
- & Step left foot to home
- 3 Step right foot next to left
- 4 Hold and clap hands
- & Step back on right foot
- 5 Step back on left foot
- 6 Hold and clap hands
- &7-8 Repeat counts &5-6

FORWARD TOE WALK, KICKS, TOE TOUCH

- 9 Step forward in front of left foot on right foot with toe turned inward
- 10 Step forward in front of right foot on left foot with toe turned inward
- 11-12 Repeat counts 9 and 10
- 13 Kick right foot forward and diagonally to the left across left leg
- 14 Step right foot next to left
- 15 Kick left foot forward and diagonally to the right across right leg
- 16 Touch left toe next to right foot

ROLLING TURNS, TOE TOUCHES

- 17 Step to the left on left foot and begin a full rolling turn to the left traveling to the left
- 18 Step on right foot and continue full rolling turn to the left
- 19 Step on left foot and complete full rolling turn to the left
- 20 Touch right toe next to left foot
- 21 Step to the right on right foot and begin a full rolling turn to the right traveling to the right
- 22 Step on left foot and continue full rolling turn to the right
- 23 Step on right foot and complete full rolling turn to the right
- 24 Touch left toe next to right foot

LOCK STEP, STEP, PIVOT & SCUFF, ROCK STEPS, COASTER

- 25 Step forward on left foot
- 26 Slide right foot up next to other side of left heel and step
- 27 Step forward on left foot
- 28 Scuff right foot forward
- & Pivot ½ turn to the left on ball of left foot
- 29 Step forward on right foot
- 30 Rock back onto left foot
- 31 Step back on right foot
- & Step left foot next to right
- 32 Step forward on right foot

REPEAT