

"T" Bird

拍數: 64 牆數: 4 級數:
編舞者: Charlie Bowring (UK) & Helen Green (UK)
音樂: You're the One That I Want - John Travolta & Olivia Newton-John



KICK-BALL-TOUCH, KICK-BALL-TOUCH, CROSS, UNWIND ½, REPEAT

- 1 Kick left foot forward
- & Step down on ball of left foot
- 2 Touch right toe to right side
- 3 Kick right foot forward
- & Step down on right foot
- 4 Touch left toe to left side
- 5 Cross left foot over right
- 6 Unwind ½ turn right keeping weight on right foot
- 7 Kick left foot forward
- & Step down on ball of left foot
- 8 Touch right toe to right side
- 9 Kick right foot forward
- & Step down on right foot
- 10 Touch left toe to left side
- 11 Cross left foot over right
- 12 Unwind ½ turn right keeping weight on right foot

DOUBLE TIME DUCK WALKS, HEEL SWIVELS

- 13&14 Move both heels, toes, heels to the left
- 15 Clap
- 16&17 Move both heels, toes, heels to the right
- 18 Clap
- 19 Move both heels to the left
- 20 Clap
- 21 Move both heels to the right
- 22 Clap
- 23&24 Move heels left, right, center (wiggling down and back up)

HEEL-TOE STRUT, TWIST, HEEL, TOE STRUT, TWIST, REPEAT

- 25 Step forward on right heel
- 26 Slap right toe down
- 27 Twist slightly to left
- 28 Twist back to center, clicking fingers
- 29 Step forward on left heel
- 30 Slap right toe down
- 31 Twist slightly to right
- 32 Twist back to center, clicking fingers
- 33 Step forward on right heel
- 34 Slap right toe down
- 35 Twist slightly to left
- 36 Twist back to center, clicking fingers
- 37 Step forward on left heel
- 38 Slap right toe down
- 39 Twist slightly to right
- 40 Twist back to center, clicking fingers

CHARLESTON PATTERN

- 41 Touch right heel forward
- 42 Step back on right foot
- 43 Touch left toe back
- 44 Step left in place
- 45 Touch right heel forward angling body 45 degrees to the right
- 46 Step back on right foot
- 47 Touch left toe back
- 48 Step left in place
- 49 Touch right heel forward straight ahead
- 50 Step back on right foot
- 51 Touch left toe back
- 52 Step left in place
- 53 Touch right heel forward angling body 45 degrees to the left
- 54 Step back on right foot
- 55 Touch left toe back
- 56 Stamp left in place keeping weight on right foot

GREASE SHUFFLES, FOUR PEG LEG ¼ TURNS, TOUCH

- 57 Step diagonally forward left on left foot
- & Slide right up to left
- 58 Step diagonally forward left on left
- 59 Step diagonally forward right on right
- & Slide left up to right
- 60 Step diagonally forward right on right
- 61 Push left foot down making a ¼ turn right
- & Step down on to right
- 62 Push left foot down making a ¼ turn right
- & Step down on to right
- 63 Push left foot down making a ¼ turn right
- & Step down on to right
- 64 Touch left foot beside right

REPEAT
