

Take It Slow

拍數: 32 牆數: 4 級數:
編舞者: Suzanne Denomme (UK)
音樂: If You Want To Touch Her, Ask! - Shania Twain



RIGHT KICK CROSS TOUCH, LEFT KICK CROSS TOUCH, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT JACKIE GLEASON

1&2 Kick right foot forward, cross step right foot over left, touch left toes to left side
3&4 Kick left foot forward, cross step left foot over right, touch right toes to right side
5-6 Step right foot forward, pivot ½ left
7&8 Brush right foot forward, brush right foot across left foot, brush right foot forward

Alternate steps for 1&2, 3&4: right kick ball touch, left kick ball touch

RIGHT FORWARD SHUFFLE, LEFT ROCK FORWARD & RECOVER, LEFT COASTER STEP BACK, RIGHT & LEFT SIDE TOUCHES

1&2 Step right foot forward, step left foot together, step right foot forward
3-4 Rock step left foot forward, recover weight on right foot
5&6 Step left foot back, step right foot together, step left foot forward
7&8 Touch right toes to right side, step right foot together, touch left toes to left side

LEFT FORWARD SHUFFLE, RIGHT ROCK FORWARD & RECOVER, RIGHT SIDE SHUFFLE, LEFT ROCK BACK & RECOVER

&1&2 Raise left foot, step left foot to left side, step right foot together, step left foot to left side
3-4 Cross rock step right foot over left, recover weight on left foot
5&6 Step right foot to right side, step left foot together, step right foot to right side
7-8 Cross rock step left foot over right, recover weight on right foot

LEFT COASTER STEP BACK, 2 1/8 RIGHT HITCH TURNS, RIGHT&LEFT CROSSING TRIPLES TRAVELING BACK

1&2 Step left foot back, step right foot together, step left foot forward
&3 Hitch right knee up & pivot 1/8 right on left foot, touch right toes to right side
&4 Hitch right knee up & pivot 1/8 right on left foot, touch right toes to right side
5&6 Cross step right foot over left, step left foot back, step right foot to right side (square off to wall)
7-8 Cross step left foot over right, step right foot back, step left foot to left side (square off to wall)

You'll travel slightly back on 5&7, 7&8

REPEAT