

Technical Hitch

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Andrew Palmer (UK), Simon Cox (UK) & Sheila Palmer (UK)
音樂: Out Of My House - CeCe Winans



WALK LEFT, WALK RIGHT, KICK-HOOK-TURN, TRIPLE FULL TURN, STEP, HEEL, FLICK-HITCH-STEP

1-2 Walk left, walk right
3&4 Kick left forward, ¼ turn left (9:00) hook left heel across right, ¼ turn left (6:00) step forward on left
5&6 Full triple turn left (right, left, right) traveling forward (end facing 6:00)
& Step left
7& Touch right heel across left, ¼ left (3:00) flick right heel back
8& Hitch right forward, step back on right

TOUCH, TOE-SWIVEL, ¼ HITCH-OVER, STEP, POINT-HITCH-POINT, CROSS POINT, FULL TURN, POINT

1&2 Touch left toe forward to left diagonal (2:00), swivel left heel out to left, swivel back to center (out, in)
3&4 Complete ¼ left (12:00) hitch left side left, hitch left a little higher and side left, step left down (feet a-part)
&5 Step right beside left, point left side left
&6 Hitch left across right, point left side left
&7 Step left across right, point right side right
&8 ¾ right (9:00) step right behind left, ¼ right (12:00) step left small side left
& Point right side right

CROSS, POINT, SAILOR-STEP, STEP, POINT, CROSS, ¼, ½, ¼, STEP-SIDE-DRAG, HITCH ACROSS

1-2 Step right across left, point left side left
3&4 Left sailor-step
&5 Step right behind left, point left side left
6& Step left across right, ¼ left (9:00) step right back
7& ½ left (3:00) step left forward, ¼ left (12:00) step right side right
8& Step left large side left, drag right to left and hitch right knee across left

POINT, HOOK BEHIND, TAP-TAP-SWING, STEP-POINT, TURN-POINT, CROSS-STEP, KNEE POP, HITCH

1-2 Point right side right, hook right behind left
3&4 Tap right toe back, tap right toe side right, swing right heel up and in front of left
&5 ¼ right (3:00) step right forward, point left side left
&6 ½ left (9:00) step left beside right, point right side right
&7 Step right across left, step left side left (feet a-part)
&8 Pop both knees forward (taking weight off of both heels), recover
& Hitch left forward (with attitude)

REPEAT