

Terrible Toes

拍數: 64 牆數: 1 級數: Improver
編舞者: Johnny S. (UK)
音樂: Terrible Twos - Damon Gray



ROCK-STEP, HOLD, RECOVER, HOLD, RIGHT SAILOR, HOLD

1-4 Rock-step right foot to right side, hold, recover weight onto left, hold
5-8 Step right behind left, step left to left side, step right in place, hold

ROCK-STEP, HOLD, RECOVER, HOLD, LEFT SAILOR, HOLD

1-4 Rock-step left foot to left side, hold, recover weight onto right, hold
5-8 Step left behind right, step right to right side, step left in place, hold

WEAVE LEFT, HOLD, TOE TOUCHES

1-6 Step right across left, step left to left side, step right behind left, step left to left, step right
 across left, hold
7-8 Touch left toe to left side, touch left beside right

STEP, HOLD, STEP WITH ¼ TURN RIGHT, HOLD, LEFT SHUFFLE, HOLD

1-4 Step left foot behind right, hold, step right ¼ turn right, hold
5-8 Step left forward, close right up to left, step left forward, hold

HEEL TWISTS WITH ¼ TURNS X 4, HEEL TWISTS WITH ½ TURN RIGHT, HOLD

1-4 Twist both heels left making ¼ turn right, hold, twist both heels right making ¼ turn left, hold
5-6 Twist both heels ¼ left, twist both heels ¼ right
7-8 Twist both heels right while making ½ turn right (weight on left), hold

When doing the twists use the arms in opposite direction for more momentum

RIGHT COASTER, HOLD, STEP-HOLD TWICE

1-4 Step right foot back, step left back beside right, step right forward, hold
5-8 Step left foot to left side, hold, step/slide right beside left, hold

CHASSE LEFT, HOLD, STEP, HOLD, PIVOT ½ TURN LEFT, HOLD

1-4 Step left foot to left side, step right beside left, step left to left with ¼ turn left, hold
5-8 Step right foot forward, hold, pivot ½ turn left, hold

RUN FORWARD, HOLD, FORWARD LEFT COASTER, HOLD

1-4 Run forward on right - left - right, hold
5-8 Step left foot forward, step right forward beside left, step left foot back, hold

REPEAT

TAG

After the 3rd sequence:

1-4 Bounce both heels three times, hold