

This Town

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Nita Kendell (AUS)
音樂: Nobody Gets Off In This Town - Garth Brooks



TOE STRUTS

1-2-3-4 Step left toe forward, heal to the ground / step right toe forward, heal to the ground
5-6-7-8 Step left toe forward, heal to the ground / step right toe next to left, heal to the ground

SYNCOPATED JUMPS & CLAP

&9-10 Jump feet apart (right, left), clap on hold
&11-12 Jump feet together (right, left), clap on hold

SYNCOPATED JUMPS TRAVELING FORWARD (& OUT & IN & OUT & IN)

&13&14 Jumping forward put feet apart (right, left), jumping forward bring feet together (right, left)
&15&16 Jumping forward put feet apart (right, left), jumping forward bring feet together (right, left)

LEFT GRIND CHA-CHA, RIGHT GRIND CHA-CHA

17-18 Grind left heal into ground, bring weight back onto right
19&20 Triple step on the spot right left right
21-22 Grind right heal into ground, bring weight back onto left
23&24 Triple step on the spot left right left

VINE LEFT, VINE RIGHT

25-26 Step left-to-left side, cross right behind left,
27-28 Step left-to-left side, tap right next to left & clap
29-30 Step right-to-right side, cross left behind right
31-32 Step right-to-right side, tap left next to right & clap

SIDE TAPS

33-34 Tap left to left side, step left together next to right
35-36 Tap right to right side, step right together next to left
37-38 ¼ turn right as you tap left to left side, step left together next to right
39-40 Tap right to right side, step right together next to left
41-42 ¼ turn right as you tap left to left side, step left together next to right
43-44 Tap right to right side, step right together next to left

SYNCOPATED V JUMP

&45-46 Jump forward feet apart, (left right) hold & clap
&47-48 Jump backward feet together (left right), hold & clap

REPEAT

RESTARTS

Dance sequence 3 up to step 12 then restart from step 1
Dance sequence 5 up to step 32 then restart from step 1