

Thong!

拍數: 64 牆數: 4 級數: Improver
編舞者: Helen Morton (UK)
音樂: Thong Song - Sisqó



STEP, SCUFF, CROSSING BACK STEPS

- 1 Step left foot forward
- 2 Scuff right foot
- 3&4 Cross right over left, step back left, step right to right side
- 5&6 Cross left over right, step back right, step left to left side

STEP, SCUFF, CROSSING BACK STEPS

- 7 Step right foot forward
- 8 Scuff left foot
- 9&10 Cross left over right, step back right, step left to left side
- 11&12 Cross right over left, step back left, step right to right side

CROSSING SHUFFLE, ROCK RECOVER TWICE

- 13&14 Cross left over right, step right to right side, cross left over right
- 15-16 Rock right to right side, replace weight on left
- 17&18 Cross right over left, step left to left side, cross right over left
- 19-20 Rock left to left side, replace weight on right

SAILOR STEP TWICE, ½ TURN RIGHT, ¼ TURN RIGHT

- 21&22 Step left foot behind right, step right to right side, step left to left side
- 23&24 Step right foot behind left, step left to left side, step right to right side
- 25-26 Step left foot forward, pivot ½ turn right
- 27-28 Step left foot forward, pivot ¼ turn right

COASTER STEP, TURNING JAZZ BOXES

- 29&30 Step left foot back, step right foot next to left, step left foot forward
- 31-34 Cross right foot over left, step left foot back, step right foot to right side turning ¼ turn right, step left next to right
- 35-38 Repeat steps 31-34

SIDE, TOGETHER, SHUFFLE, ROCK, RECOVER

- 39-40 Step right to right side, step left foot next to right
- 41&42 Step right to right side, step left next to right, step right to right side
- 43-44 Rock left foot over right, replace weight on right

SIDE, TOGETHER, SHUFFLE, ROCK, RECOVER

- 45-46 Step left to left side, step right foot next to left
- 47&48 Step left to left side, step right next to left, step left to left side
- 49-50 Rock right foot over left, replace weight on left

TURN, KICK BALL CHANGES TWICE

- 51-54 Step right ¼ turn right, step left to left side turning ½ turn right, step right ½ turning right, step left next to right
- 55&56 Right kick, step on ball of right, change weight to left
- 57&58 Repeat steps 55&56

TURN, COASTER STEP, ROCK, RECOVER

59-60 Step right $\frac{1}{4}$ turn right, step left foot back $\frac{1}{2}$ turn right
61&62 Step right back, step left next to right, step forward right
63-64 Rock back on left, replace weight on right

REPEAT
