

Three Hickory Nuts

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Let's Do It Again - Mighty



STEP, WIZARD OF OZ STEP (SAILOR STEP, SAILOR STEP, SAILOR SKATE), ROCK TURN

- 1 Step with right foot forward slightly to the right diagonal
2&3 Cross and step with left foot behind right, step with right foot out to the right, step with left foot left and slightly forward
4&5 Cross and step with right foot behind left, step with left foot out to the left, step with right foot right and slightly forward
6&7 Cross and step with left foot behind right, step with right foot out to the right, step with left foot left and slightly forward turning body to the left diagonal (skate step)
8 Rock weight to right foot turning body $\frac{1}{4}$ wall right (now facing 3:00 wall)

This sequence is done traveling forward

FULL TURN RIGHT, $\frac{1}{2}$ TURN TRIPLE BACK, ROCK, STEP, TRIPLE FORWARD

- 1-2 Turning $\frac{1}{2}$ over right shoulder step left foot back, turning another $\frac{1}{2}$ over right shoulder step right foot forward
3&4 Beginning $\frac{1}{2}$ turn over right shoulder step with left foot slightly back, continuing $\frac{1}{2}$ turn step with right foot slightly back, completing $\frac{1}{2}$ turn right step with left foot slightly back (now facing 9:00 wall)

This sequence is done traveling toward the 3:00 wall

- 5-6 Step and rock weight back with right foot, return weight forward to left foot
7&8 Step with right foot forward, step with left foot slightly behind right foot, step with right foot forward

KICK AND POINT X 4

- 1&2 Kick left foot forward, step with left foot slightly forward, point and touch right toe out to right side
3&4 Kick right foot forward, step with right foot slightly forward, point and touch left toe out to left side
5&6 Kick left foot forward, step with left foot slightly forward, point and touch right toe out to right side
7&8 Kick right foot forward, step with right foot slightly forward, point and touch left toe out to left side

This sequence is done traveling forward

STEP, LOCK, STEP, LOCK, STEP, STEP OUT, OUT, SHIFT UPPER BODY RIGHT, LEFT

- 1-2 Step with left foot back, cross and lock right foot over left foot
3&4 Step with left foot back, step with right foot back, cross and lock left foot over right foot

This sequence is done traveling back

- 5-6 Step with right foot back and to the right, step with left foot out to left
7-8 Shift upper body weight to right, shift upper body weight to left

REPEAT