

The Three R's

拍數: 68 牆數: 2 級數: Improver
編舞者: Jan Wyllie (AUS)
音樂: Renegades, Rebels and Rogues - Tracy Lawrence



- 1-4 Step right to right bumping hips right twice, step left to left and bump hips left, hold
5-8 Vine to the right (right, left, right), touch left beside right
- 9-12 Step left to left bumping hips left twice, step right to right and bump hips right, hold
13-16 Vine to the left (left, right, left) making a ¼ turn left on the 3rd step, scuff right forward
17-18 Step forward towards right diagonal on right heel, step forward towards left diagonal on left heel (V step)
- 19-20 Step right back to center, step left back to center
21-24 Repeat last 4 counts (V step)
- 25-26-27&28 Rock/step forward on right, rock back on left, shuffle back right, left, right
29-30 Step back on left, hold
31-32 Rock/step back on right, rock/return weight forward onto left
- 33&34 Shuffle forward right, left, right
35-36 Step forward on left, lock/step right behind left
37-38 Step forward on left, scuff right forward
39-40 Step forward on right, pivot ¼ turn left transferring weight to left
- 41&42 Shuffle forward right, left, right
43-44 Step forward on left, lock/step right behind left
45-46 Step forward on left, scuff right forward
47-48 Step forward on right, pivot ¼ turn left transferring weight to left
- 49-50 Step forward on right, hold
51&52 Making ¼ turn right shuffle back left, right, left
53-54 Step back on right, hold
- Alternative step**
53-54 Making ½ turn right, step forward on right, hold
55&56 Shuffle back left, right, left
- Alternative steps**
55&56 Making ½ turn right shuffle back left, right, left
- 57-58 Rock/step back on right, rock forward on left
59-64 Strut forward right, left, right
65-68 Step forward on left, lock right behind left, step forward on left, touch right beside left keeping weight on left

REPEAT

TAG

There is an 8 beat tag at the end of wall 2 (facing the front)

- 1-4 Step right to right, step left beside right, step right to right, touch left beside right
5-8 Step left to left, step right beside left, step left to left, touch right beside left