

Throw It

拍數: 32 牆數: 4 級數: Improver
編舞者: Lisa B. Martin
音樂: Roll the Dice - Lulu



SIDE SHUFFLE PIVOT ½ STEP, SHUFFLE FORWARD, ROCK STEP, STEP BACK

1&2 Step right to right side, step left beside right, step right to right side
3&4 Step forward left, pivot ½ right, step forward left
5&6 Step forward right, step left next to right, step right forward
7&8 Rock forward on left, recover on right, step back left

BACK SHUFFLE, PIVOT ½ SHUFFLE, PIVOT ½ TURN BACK SHUFFLE, SHUFFLE

1&2 Step right back, step left next to right, step right back
3&4 Pivot ½ left step forward on left, step right next to left, step forward left
5&6 Pivot ½ left step back right, step left next to right step back right
7&8 Step forward left, step right next to left, step forward left

CHARLESTON STEP, SAILOR STEP, ¼ SAILOR STEP

1-2 Sweep right forward, step right next to left
3-4 Sweep left back, step left next to right
5&6 Step right behind left, step left to left side, step on right
7&8 Step left behind right, step right ¼ right, step left to left side

SIDE SHUFFLE, ROCK STEP, CROSS SHUFFLE, STEP TOUCH

1&2 Step right to right side, step left next to right, step right to right side
3&4 Rock back on left, recover on right, step left to left side
5&6 Cross right over left, step left to left side, cross right over left
7-8 Step left to left side, touch right next to left

REPEAT

TAG

At the end of wall 6 hold for 4 counts
