

Tossed Feathers

拍數: 64 牆數: 1 級數: Intermediate
編舞者: Linda Dube (CAN)
音樂: Toss the Feathers - The Corrs



Start the dance after 64 beats of music (Drumbeats start after 64 beats to make the music louder)

TOE FORWARD, TOE BACK, SIDE POINTS

1-2 Touch right toe forward, touch right toe back
3&4 Touch right toe to right side, step right foot home, touch left toe to left side
5-6 Touch left toe forward, touch left toe back
7&8 Touch left toe to left side, step left foot home, touch right toe to right side
9-10 Touch right toe forward, touch right toe back
11&12 Touch right toe to right side, step right foot home, touch left toe to left side.

ROCK, ¼ TURN, SHUFFLE

13-14 Rock forward on left foot, rock back on right foot
15&16 Shuffle left, right, left in place while making a ¼ turn left

TOE SWEEPS-SIDE SHUFFLE, TOE SWEEPS-¼ TURN SIDE SHUFFLE, TOE SWEEPS, SIDE SHUFFLES

17-18 Right toe touches right diagonal forward and sweeps right to left, then from left to right
19&20 Shuffle side right (right, left, right)
21-22 Left toe touches left diagonal forward and sweeps left to right then from right to left
23&24 Shuffle side left (left, right, left) ¼ turning left on last step of shuffle
25-26 Right toe touches right diagonal forward and sweeps right to left then from left to right
27&28 Shuffle side right (left, right, left)
29-30 Left toe touches left diagonal forward and sweeps left to right then from right to left
31&32 Shuffle side left (left, right, left)

ROCK, ½ TURN, SHUFFLE-ROCK, ½ TURN AND SHUFFLE

33-34 Rock forward on right foot, rock back on left foot
35&36 ½ turn to the right with a shuffle right, left, right
37-38 Rock forward on left foot, rock back on right foot
39&40 ½ turn to the left with a shuffle left, right, left

PENDULUM SWINGS, GRADUATED SIDE KICKS

41& Point right toe to right side, quickly step right foot home
42& Point left toe to left side, quickly step left foot home
43-44 Kick right foot to the right side twice (second kick higher than the first)
&45 Quickly step right foot home, point left toe to the left side
&46 Quickly step left foot home, point right toe to the right side
&47-48 Quickly step right foot home, kick left foot to side twice (second kick higher than the first)

SIDE TO SIDE SAILOR SHUFFLES

44&50 Cross left behind right, step side right, step side left, (leaning left through steps)
51&52 Cross right behind left, step side left, step side right, (leaning right through steps)
53&54 Cross left behind right, step side right, step side left, (leaning left through steps)
55&56 Cross right behind left, step side left, step side right, (leaning right through steps)

SIDE SHUFFLES, ½ TURN, SIDE SHUFFLES, STOMP, STOMP

57&58 Shuffle side left (left, right, left)

& Pivot ½ turn left on the ball of left foot
59&60 Shuffle side right (right, left, right)
61&62 Shuffle side left (left, right, left)
63-64 Stomp right, stomp left beside right (weight on left)

REPEAT

The dance sequence is repeated 4 times. To accommodate the slightly slower tempo change at the very end of this music piece and give it a more polished finish, the following change should be made:

63&64&65 Chasse steps-step side right, left together, side right, left together, side right
