

Tossin' Bones

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Gloria Johnson (USA)
音樂: Toss a Little Bone - Confederate Railroad



TOUCHES - RIGHT FOOT

1- 2 Touch right heel forward, hold one beat
3- 4 Touch right toe out to right side, hold one beat
5- 6 Slowly slide right toe next to left foot in two beats of music

KICK-BALL-HEEL

7 Kick right foot out
& Step down on right foot
8 Touch left heel forward

TOUCHES - LEFT FOOT

9- 10 Touch left heel forward, hold one beat
11- 12 Touch left toe out to right side, hold one beat
13- 14 Slowly slide left toe next to right foot in two beats of music

KICK-BALL-HEEL

15 Kick left foot out
& Step down on left foot
16 Touch right heel forward

POINT & SLIDE

17- 18 Point right toe to right side, slide back next to left foot
19- 20 Point right toe to right side, touch next to left foot
21- 22 Step right foot to right side, slide left foot next to right
23- 24 Step right foot to right side, slide left foot next to right and turn ½ turn to the left at the same time
25- 26 Point left toe to left side, slide back next to right foot
27- 28 Point left toe to left side, touch next to right foot
29- 30 Step left foot to left side, slide right foot next to left
31- 32 Step left foot to left side, slide right foot next to left

WALK BACK

33-35 Walk backward stepping on right, left, right
36 Hitch left knee

STEP, SLIDE & TURN

37-39 Step forward on left foot, slide forward on right, step forward on left
40 Turn ¼ turn to the right on the ball of left foot (keep weight off right foot)

BACKIN' UP

41-43 Walk backward stepping on right, left, right
44 Hitch left knee

STEP & SLIDE

45 Step forward on left foot
46 Slide forward on right foot
47 Step forward on left foot

48 Touch right foot next to left

SIDE STEPS

49 Step right foot out to right side

50 Step left foot behind right and clap hands

51-56 Repeat steps 49-50 three more times

TURNING GRAPEVINE TO LEFT

57-59 Turning vine to the left (step left to left beginning turn to left, step down on right foot as you continue to turn, step down on left foot ending full turn to the left facing original direction)

WEAVING VINE

60 Cross right foot over left

61 Step left out to left side

62 Step right foot behind left

63 Step left foot out to left side

64 Step right foot next to left

REPEAT
