Touch & Go



拍數: 0 牆數: 2 級數: Intermediate

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音樂: Would You...? - Touch & Go



Sequence: A-B-A-B-A-B-A-B

PART A

APPLE JACKS

1-4 Left toe out, home, right toe out, home

5-8 Stomp right forward, stomp right with ¼ turn left, stomp left next to right, hold

9-16 Repeat 1-8

KICK, HOME, CROSS, HOLD, BUMP, BUMP, BUMP, HOLD

17-20 Kick left, step left home, cross right over left, hold

21-24 Step side left with a left hip bump, right hip bump, left hip bump, hold

25-32 Repeat 17-24 with opposite footwork

POINT FRONT, HOLD, SIDE, HOLD, SAILOR, HOLD

33-36 Point left forward, hold, point left side, hold,

37-40 Step left behind right, step right to side, step left home, hold

41-48 Repeat 33-40 with opposite footwork

KICK, STEP, TOUCH BACK, HOLD

49-52 Kick left forward, step left home, touch right toe back, hold 53-56 Kick right forward, step right home, touch left toe back, hold

STOMP, STOMP, STOMP, HOLD, BUMP, BUMP, BUMP, BUMP

57-60 Stomp left back, stomp left 1/4 way home, stomp left home, hold

61-64 Bump right, left, right, left

PART B

SLIDE, MONTEREY

1-4 Step big to right side, slide left next to right for counts 2-3, take weight on left 5-8 Point right to right side, hold, touch right home while turning 1/4 right, hold

9-16 Repeat 1-8

TOE STRUTS, SLIDE BACK

17-20	(at 2:00) step right toe forward, step on right heel, step left toe forward, step on left heel
21-24	Take a big step back on right, slide left for count 22-23, take weight on left face 12:00
25-32	Repeat 17-24 with same footwork but at opposite angle

25-32

33-64 Repeat counts 1-32