

Trackin Linda Lou

拍數: 48 牆數: 4 級數: Improver
編舞者: Nancy Morgan (USA)
音樂: Linda Lou - The Tractors



HEEL, TOE, HEEL, HEEL, TOE, HEEL, TOE, STOMP

- 1&2 Put your right heel forward, put right foot next to left and quickly put left heel forward
&3-4 Put left heel next to right and quickly put right heel forward and tap twice
5-8 As you move to your right, put right toe in towards left, put right heel down with right toe pointing towards your right, put right toe in towards your left foot, stomp right foot next to left

HEEL, TOE, HEEL, HEEL, TOE, HEEL, TOE, STOMP

- 1&2 Put your left heel forward, put left foot next to right and quickly put right heel forward
&3-4 Put right heel next to left and quickly put left heel forward and tap twice
5-8 As you move to your left, put left toe in towards right, put left heel down with left toe pointing towards your left, put left toe in towards your right foot, stomp left foot next to right

KICK TWICE, STEP BACK RIGHT, LEFT, STOMP FORWARD RIGHT, CLAP, LEFT, CLAP

- 1-2 Kick right foot forward two times
3-4 Step back on right, step back on left
5-8 Stomp forward on right, clap, stomp forward on left, clap
1-8 Repeat above steps

ONE ¼ TURN TO RIGHT, STOMP, TWO KICKS, COASTER STEP

- 1-4 Turn ¼ turn to your right (stepping right, left, right) then stomp left foot
5-6 Kick right foot twice
7&8 Coaster step (step back on right, step back on left, then forward on right)

CROSS, CLAP, ½ TURN, CLAP, TWO BODY ROLLS

- 1-2 Cross left foot over right, clap
3-4 Turn ½ turn right, clap
5-8 Roll body from back to front two times or bounce two times on right front hip and two times back on left hip

REPEAT
