

Trailblazer

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Mary Kelly (UK)
音樂: Swingin' On My Baby's Chain - Philip Claypool



RIGHT SYNCOPATED, HALF TURNING VINE, LEFT SYNCOPATED VINE

1-2 Step right on right, cross left behind right
& Step right on right
3-4 Cross left in front of right, step half turn right on right
5-6 Step left on left, cross right behind left
& Step left on left
7-8 Cross right in front of left, step left on left

ROCK, STEP, &, ROCK, STEP, STEP, HALF PIVOT, SHIMMY BACK TWICE

9-10 Rock back on right, rock forward in place on left
& Close right beside left
11-12 Rock back on left, rock forward in place on right
13-14 Step forward left, pivot half turn right (with weight back on left foot)
15-16 Bending left knee slightly, shimmy shoulders back for two counts

&, STEP, HALF PIVOT, SHIMMY BACK TWICE, &, HEEL, &, BRUSH, & TOE, &, HEEL

& Close right beside left
17-20 Repeat counts 13-16
&21 Step back on right, tap left heel forward diagonal, left
&22 Step in place on left, brush right beside left
&23 Step forward diagonal, right on right, touch left toe behind right heel
&24 Step back diagonal, left on left, tap right heel forward diagonal, right

BACK RIGHT, THREE LEFT HEEL DROPS, BACK LEFT, THREE RIGHT HEEL DROPS

25-28 Step back on right, with left foot still forward, raise and lower left heel three times
29-32 Step back on left, with right foot still forward, raise and lower right heel three times

OUT- OUT, HOLD, CROSS- CROSS, HOLD, OUT- OUT, HOLD, CROSS- CROSS, HOLD

&33 Step back diagonal, right on right, step left back parallel with right, feet shoulder width apart
34 Hold (hold arms out from sides and click fingers)
&35 Step back diagonal, left on right, cross left over right
36 Hold (cross arms across chest and click fingers)
&37-40 Repeat counts &33 to 36, (still traveling back)

QUARTER TURN, FULL TURN, STEP, LOCK, STEP, LOCK, STEP, STEP, ½ PIVOT

41 Step quarter turn right on right
42-43 Traveling forward, make a full turn to the right on a left/right
44& Step forward on left, lock right foot behind left
45& Repeat counts 44&
46 Step forward on left
47 Step forward on right
48 Pivot half turn to left (weight remaining on left)

REPEAT