

Trama Twist

拍數: 94 牆數: 4 級數:
編舞者: Tracie Lee (AUS) & Mark Simpkin (AUS)
音樂: The Night I Called The Old Man Out - Garth Brooks



BRONCO RIGHT, BRONCO LEFT

- 1-2 With weight on right heel and left toe twist to right, back to center
3-4 Change weight to left heel and right toe and twist left, back to center
- 5-12 Moving forward, kick right, kick left, kick right, kick left
- 13-16 Kick right, hop forward onto right, touch left toe back, bring left together
- 17-18 Stomp right foot twice beside left
19-22 Step forward on right, pivot ½ turn left, step forward on right, pivot ½ turn left
- 23-24 Touch right toe forward, bring right foot up to left knee while twisting left heel to the left
25-26 Touch right toe forward while twisting left heel back to the center, bring right foot up to left knee while twisting left heel to the left
27-30 Vine right-left-right and touch left toe behind right
- 31-32 Touch left toe forward, bring left foot up to right knee while twisting right heel to the right
33 Touch left toe forward while twisting right heel back to center
34 Bring left foot up to right knee while twisting right heel to right
35-38 Vine left-right-left while turning full turn left and bring right together
- During the next 6 counts, you will be making a ¼ turn to the left**
39-44 Touch right heel slightly forward, touch right toe slightly forward as you pivot a bit to the left.
Repeat this move 2 more times
- You should now have made a ¼ turn left**
45-46 Touch right heel forward, bring right foot up to left knee
- 47-50 Step right to side, left behind right, right to side, left in front of right
51-52 Step right to side, bring left knee up and slap with right hand
53-54 Touch left foot to side, bring left knee up and slap with right hand
- 55-58 Step left to side while bending both knees and slap thighs twice, slide right foot beside left and clap hands twice
59-60 Step right to side while bending both knees and slap thighs twice
61-62 Slide left foot beside right and clap hands twice
- 63-66 Step left to side, right behind left, left to side, right in front of left
67-68 Step left to side, bring right knee up and slap with left hand
69-70 Touch right foot to side and bring right knee up and slap with left hand
- 71-72 Step right to side while bending both knees and slap both thighs twice
73-74 Slide left beside right and clap hands twice
75-76 Step left to side while bending both knees and slap both thighs twice
77-78 Slide right beside left and clap hands twice
- 79-82 Twist heels right-left-right, center
83-84 Kick right, ball change weight right-left on the spot

85-86 Kick right, ball change weight right-left on the spot
87-90 Touch right toe forward, touch right toe to side, shuffle back right-left-right
91-92 Touch left toe forward, touch left toe to side
93-94 Shuffle back left-right-left

REPEAT
