

Travelin' Man

拍數: 48 牆數: 2 級數: Intermediate waltz
編舞者: Lisa Ferguson (UK)
音樂: Travelin' Man - John Permenter



LEFT TWINKLE, RIGHT TWINKLE ½ TURN RIGHT

1-3 Cross left over right, step right to right side, step left to left side
4-6 Cross right over left, step left ¼ turn right, step right ¼ turn right

STEP LEFT, KICK RIGHT, HOLD, BACKWARDS BALANCE STEP

1-3 Step forward left, kick right rising onto ball of left, hold
4-6 Replace weight onto left, step back right, step back left, step forward right

STEP LEFT, POINT RIGHT, HOLD, STEP BACK RIGHT, POINT LEFT, HOLD

1-3 Step forward left, point right, hold
4-6 Step back right, point left, hold

½ TURN LEFT, POINT RIGHT, HOLD, RIGHT LUNGE

1-3 On ball of left pivot ½ turn left, point right, hold
4-5 Cross rock right over left bending knees, straighten up replace weight onto left
6 Step right to right side

CROSS, SIDE, BEHIND. STEP RIGHT, SLIDE LEFT

1-3 Cross left in front of right, step right to right side, cross left behind right
4-6 Step right to right side, slide left beside right over two counts

FULL TURN LEFT, RIGHT TWINKLE

1-3 Step left ¼ turn left, pivot ½ turn left stepping back right, step left ¼ turn left
4-6 Cross right over left, step left to left side, step right to right side

LEFT TWINKLE WITH ¼ TURN LEFT, BALANCE STEP BACKWARDS

1-3 Cross left over right, step right ¼ turn left, step left beside right
4-6 Step back right, step left beside right, step forward right

FORWARD BALANCE STEP WITH ¼ TURN LEFT, BALANCE STEP BACKWARDS

1-3 Step left ¼ turn left, step right beside left, step back left
4-6 Step back right, step left beside right, step forward right

REPEAT
