

Triple "T"

拍數: 56 牆數: 4 級數: Intermediate/Advanced
編舞者: Michelle Stremche
音樂: The Domino Theory - Steve Wariner



KICK-BALL-CHANGES

1&2 Kick-ball-change starting with right foot
3&4 Kick-ball-change starting with right foot

TOE TOUCHES

5- 6 Touch right toe out to side; return next to left
7- 8 Touch right toe to rear; return next to left

9- 10 Touch right heel in front; return next to left
11 Step forward on left foot
12 Bring left toe next to right foot (keep weight on right foot)

KICK-BALL-CHANGES

13&14 Kick-ball-change starting with left foot
15&16 Kick-ball-change starting with left foot

TOE TOUCHES

17- 18 Touch left toe out to side and return next to right
19- 20 Touch left toe to rear and return next to right

21- 22 Touch left heel in front and return next to right
23 Step forward on left foot
24 Brush right foot past left (keep weight on left foot)

GRAPEVINES

25-27 Vine right (step right to right; step left behind, step right to right)
28 Hitch left knee

29-31 Vine left (step left to left; step right behind, step left to left)
32 Hitch right knee

WALK BACK, HITCH & TURN

33-35 Walk backwards three steps on right, left, right
36 Hitch left knee while turning ¼ turn to right

HIP BUMPS

37 Step forward on left foot
38 Bump hips to left twice
39- 40 Bump hips to the right twice

41 Bump hips to left once
42 Bump hips to right once
43 Bump hips to left again (transfer weight to left foot)
44 Hitch right knee while turning ½ turn to left

45 Step forward on right foot

46 Bump hips to right
47- 48 Bump hips to the left twice

49- 50 Bump hips to right once and left once
51 (with weight on left foot) hitch right knee and turn ¼ turn to left
52 Stomp right foot next to left

HEEL SWIVELS

53-56 Swivel heels to right, center, left, center

REPEAT
