

Triple X

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Patricia Soran (AUT)
音樂: Holiday - Mad'House



CROSS, FULL-TURN (UNWIND-CROSS), ARM-CROSSES, JAZZ-HANDS

- 1 Cross right foot over left foot and put left hand on right hip (palm in)
- 2 Put right hand on neck
- 3-4 Full-turn left: left foot is now crossed over right foot (unwind-cross), weight is on left
Right hand: bring right hand in an arc from back head over left face side back to right hip and release
Left hand: bring left hand from right to left hip and release
- 5 Step right foot to right side and put left hand on right hip
- 6 Step left foot in place (feet now shoulder-width apart) and put right hand on left hip (right arm crosses now left arm on belly)
- 7 Step right foot in place and release right arm to right hip - palm out, open fingers (jazz-hand)
- 8 Step left foot in place and release left arm to left hip (palm out, jazz-hand)

SAILOR-STEP-TURN DIAGONALLY, KICK-BALL-CROSS, CROSS-STEPS, STEP-SLIDE-TURN

- 1&2 Cross right foot behind left foot; step left ball near right foot; step right foot in front with a 1/8-turn (diagonally to 1:30)
- 3&4 Kick left foot; small step backward on left ball; cross right foot over left foot
- 5 Cross left foot over right foot
- 6 Cross right foot over left foot
- 7 Large step backward with left foot (towards 7:30)
- & Slide right ball near left foot and take weight on right ball
- 8 Turn 3/8 right on right ball (to 6:00) and small step forward with left foot

KICK-CROSS-TAP, SWIVEL, KICK-SIDE-CROSS, SWIVEL

- 1&2 Kick right foot; cross right ball over left foot (weight on right ball); tap left ball behind right foot (now standing on both balls)
- 3-4 Swivel heels right and back to center
Swivels can be done twice (right, center, right, center)
- 5&6 Kick right; small step to right side on right ball; cross left ball over right foot (now standing on both balls)
- 7-8 Swivel heels left and back to center
Swivels can be done twice (left, center, left, center)

PADDLE-TURNS, LOCK-SHUFFLE, CROSS-STEP, CROSS-STEP-TAP

- 1 Make a 1/2-turn left on left ball (12:00) and point right toe out to right side
- 2 Make a 3/8-turn left on left ball (7:30) and point right toe out to right side
- 3&4 Step forward with right foot (diagonally toward 7:30); lock left foot behind right foot; step forward with right foot
- 5 Cross left foot over right foot
- 6 Large step back with right foot (towards 1:30) and make a 1/8-turn left (6:00)
- 7&8 Cross left toe over right foot; step left foot near right foot and take weight; tap right toe near left foot

REPEAT
