

Troubled

拍數: 32 牆數: 4 級數:
編舞者: Cindy Truelove (AUS)
音樂: Some Kind of Trouble - Tanya Tucker



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- 1-2 Touch right toe to side, bring right knee to left knee with right knee bent
3 Turn ¼ left and touch right toe to side
4 Bring right knee to left knee with right knee bent
- 5-7 Vine-step right to side, cross step left behind right, step right to right side
8 Turning ¼ left, rock back on right and point left toe up
- 9&10 Move hips forward, back, forward (weight on left)
11&12 Move hips back, forward, back (weight on right)
13-14 Move hips forward (weight on left), hips back (weight on right)
15-16 Move hips forward (weight on left), hips back (weight on right)
- The above hip movements are done with a smooth, rolling effect**
- 17-19 Walk forward right-left-right
20 Touch right toe next to left heel
- 21& Touch right toe to side, step right next to left
22& Touch left toe to side, step left next to right turning ¼ left
23& Touch right toe to side, step right next to left
24& Touch left toe to side, step left next to right
- 25-26 Right heel forward at 45 degrees, step right next to left
27-28 Left heel forward at 45 degrees, step left next to right
- 29-30 With right heel forward and toes off floor push on heel and swivel toes to outside (movement is done like grinding something into the floor), ending with weight on left
- 31-32 Step right back, step on left in place

REPEAT
