

Trust Yourself

拍數: 52 牆數: 0 級數:
編舞者: Sylvia Priestley (UK)
音樂: Trust Yourself - Carlene Carter



STEP SCUFFS, SHUFFLE

1-2 Left step forward, scuff right forward
3-4 Right step forward, scuff left forward
5-6 Left step forward, scuff right forward
7&8 Right step forward, slide left up to heel of right, right step forward

STEP, PIVOT, ROCK STEPS

9-10 Left step forward, pivot ½ turn right
11-12 Left step forward, rock back onto right
13-14 Left step back, rock forward onto right

STEP SCUFFS, SHUFFLE

15-16 Left step forward, scuff right forward
17-18 Right step forward, scuff left forward
19-20 Left step forward, scuff right forward
21&22 Right step forward, slide left up to heel of right, right step forward

STEP, PIVOT, ROCK STEPS

23-24 Left step forward, pivot ½ turn right
25-26 Left step forward, rock back onto right
27-28 Left step back, rock forward onto right

LEFT, TOGETHER, LEFT, TOGETHER, HEEL SPLITS, TOE SPLITS

29-30 Step left to left, right step beside left
31-32 Step left to left, right step beside left
33-34 On balls of both feet- heels out, heels in placing weight back onto whole of both feet
35-36 Weight on heels -toes out, toes in placing weight back onto whole of both feet

RIGHT, TOGETHER, RIGHT, TOGETHER, HEEL SPLITS, TOE SPLITS

37-38 Step right to right, left step beside right
39-40 Step right to right, left step beside right
41-42 On balls of both feet- heels out, heels in placing weight back onto whole of both feet
43-44 Weight on heels -toes out, toes in placing weight back onto whole of both feet

FORWARD, HITCH, BACK, TOGETHER, FORWARD, HITCH, BACK, ¼ TURN STOMP

45-46 Left step forward, hitch right
47-48 Right step back, left step beside right
49-50 Right step forward, hitch left
51-52 Left step back, stomp right while turning ¼ right

REPEAT