

The Tuesday Blues

拍數: 48 牆數: 2 級數: Beginner
編舞者: The Beckton Globe Girls (UK)
音樂: It's a Heartache - Trick Pony



HEEL SPLITS, WALK FORWARD KICK

1-2 Feet together bring both heels out bring both heels to center
3-4 Bring both heels out bring both heels to center
5-6 Walk forward right, left
7-8 Walk forward right, kick left foot forward

WALK BACK, GRAPEVINE RIGHT

1-2 Step back on left, step back on right
3-4 Step back on left, touch right next to left
5-6 Step right to right, step left behind right
7-8 Step right to right, touch left next to right

GRAPEVINE ¼ TURN LEFT, KICK BALL CHANGE TWICE

1-2 Step left to left, step right behind
3-4 ¼ turn left stepping forward left, touch right next to left
5&6 Kick right forward, step right next to left, step left next to right
7&8 Kick right forward, step right next to left, step left next to right

TOE STRUTS, CHARLESTON STEP

1-2 Touch right toe forward, step down on right heel
3-4 Touch left toe forward, step down on left heel
5-6 Step forward on right foot, kick left foot forward
7-8 Step back on left, touch right next to left

CHARLESTON STEP, HIP BUMPS

1-2 Step forward on right foot, kick left foot forward
3-4 Step back on left, touch right next to left
5-6 Step forward on right bumping hips right, bump hips left
7-8 Bump hips right, hold

JAZZ BOX ¼ TURN, SIDE, TOUCH, SIDE, TOGETHER

1-2 Cross left over right, step back on right
3-4 ¼ turn to left stepping forward on left, touch right next to left
5-6 Step right to right, touch left next to right
7-8 Step left to left, step right next to left

REPEAT
