

Turbo Sixteen Step

拍數: 24 牆數: 0 級數:
編舞者: Unknown
音樂: Dance - Twister Alley



This is a high-energy version of 16-Step (Rebel Stomp) that can be done along with 16-Step.

HEEL TAPS

1-2 Tap right heel forward twice
&3 Step right foot next to left. Tap left heel forward.
&4 Step left foot next to right. Touch right toe next to left foot.
&5&6 Repeat &3&4

SHIFT WEIGHT FORWARD & BACK

7& Rock forward on right heel with a "squash the bug" motion. Rock weight onto left foot.
8& Rock back on right toes with a "squash the bug" motion. Rock weight onto left foot.

The "squash" motion becomes more difficult at higher speeds, and can be replaced with a simple rock forward and back.

MILITARY TURNS

9-10 Right foot step forward. Pivot on both feet ½ turn to the left.
11-12 Right foot step forward. Pivot on both feet ½ turn to the left.

SHIFT WEIGHT FORWARD & BACK TWICE

13& Rock forward on right heel with a "squash the bug" motion. Rock weight onto left foot.
14& Rock back on right toes with a "squash the bug" motion. Rock weight onto left foot.
15& Rock forward on right heel with a "squash the bug" motion. Rock weight onto left foot.
16& Rock back on right toes with a "squash the bug" motion. Rock weight onto left foot.

SHUFFLES

17&18 Shuffle forward right, left, right
19&20 Shuffle forward left, right, left
21&22 Shuffle forward right, left, right
23&24 Shuffle forward left, right, left

REPEAT
