

Two Cool

拍數: 64 牆數: 2 級數: Improver
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音樂: Hey Baby - Alabama



WINDOW WASHERS

- 1-2 Step right foot to right side. (with right hand open, palm facing front, move right hand to right like washing a window). Feet should be shoulder width apart
3-8 Left hand washes window to left, rh washes to right, left hand washes to left

TOE STRUTS TO RIGHT WITH SNAPS

- 1-2 Touch right toe to right side. Step down on right heel and snap fingers. (body is at an angle to the right)
3-8 Touch left toe across in front of right. Step left heel down and snap fingers. Repeat

ROCK, ROCK, TOE STRUTS LEFT, CROSS TURN ½

- 1-2 Step right foot to right side. Shift weight back to left
3-4 Touch right toe across in front of left. Step right heel down and snap fingers. (body at an angle to the left)
5-6 Touch left toe to left side. Step left heel down and snap fingers
7-8 Touch cross right in front of left and turn ½ to left. Hold. (weight is on left)

SHOULDER ROLLS

- 1-2 Step right foot forward and drop right shoulder forward hold
3-4 Shift weight back to left foot and roll right shoulder back up
5-8 In place roll shoulders back alternating right, left, right, left

TOE STRUTS BACK WITH FINGER SNAPS

- 1-2 Touch right toe back. Step right heel down and snap fingers
3-4 Touch left toe back. Step left heel down and snap fingers
5-8 Repeat 1-4

ROCK ROCK CROSS HOLD

- 1-4 Step right foot to right side. Shift weight back to left foot. Cross step right in front of left. Hold
5-8 Step left foot to left side. Shift weight back to right foot. Cross step left in front of right. Hold

These eight counts should be done with a slight travel forward

RIGHT BODY ROLL-LEFT BODY ROLL

- 1-4 Step right foot to right and begin your body roll with right shoulder down. Follow through on counts 2-3 by pushing right hip to right down then up. Hold count 4 (weight should be on right)
5-8 Shift weight to left and begin body roll with left shoulder down. Follow through on counts 6-7 by pushing left hip to left down then up. Hold count 8 (weight should be on left)

STEP TURN ½, STEP TURN ½, WALK FORWARD

- 1-2 Step right foot forward, turn ½ to left on balls of both feet
3-4 Repeat 1-2
5-8 Step forward right, left, right, left

REPEAT