

Two Step Slides (P)

拍數: 128 牆數: 0 級數: Partner
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音樂: Another Good Reason - Alan Jackson



CROSSED TOE STRUTS TO RIGHT SIDE

1-2 Touch left toes across front of right foot, step down left heel
3-4 Touch right toes to right, step down right heel
5-6 Repeat 1-2
7-8 Repeat 3-4

STEP, SLIDE, STEP, SCUFF, STEP, SLIDE, STEP, SCUFF

1-2 Step left forward, slide right beside left foot
3-4 Step left forward, scuff right
5-6 Step right forward, slide left beside right foot
7-8 Step right forward, scuff left

CROSSED TOE STRUTS TO LEFT SIDE

1-2 Touch left toes to left side, step down left heel
3-4 Touch right toes across front of left foot, step down right heel
5-6 Repeat 1-2
7-8 Repeat 3-4

STEP, SLIDE, STEP, SCUFF, STEP, SLIDE, STEP, SCUFF

1-8 Repeat 9-16

MAN: 4 STEPS IN PLACE - LADY: SPIN 1-½ TURN ON 4 COUNTS

1-4 **MAN:** Steps left-right-left-right in place
 LADY: (1 ½ Turn to left to finish facing man in closed position) step left ¼ turn to left, step right ¼ turn to left, spin full turn to left on ball of left foot, step down left foot

During the next 12 sequences you will always do the Two Step pattern:

STEP, SLIDE, STEP, HOLD, STEP, HOLD (SAME AS QUICK, QUICK, SLOW, SLOW)

MAN: BASIC TWO STEP FORWARD, LADY: BASIC TWO STEP BACK

1-2 **MAN:** Step left forward, slide right beside left foot
 LADY: Step right back, slide left beside right foot
3-4 **MAN:** Step left forward, hold
 LADY: Step right back, hold
5-6 **MAN:** Step right forward, hold
 LADY: Step left back, hold

MAN: BASIC TWO STEP FORWARD, LADY: BASIC TWO STEP BACK

1-6 Repeat previous 6 counts

MAN: BASIC TWO STEP FORWARD, LADY: TWO STEP 1 ½ TURN RIGHT

1-2 **MAN:** Step left forward, slide right beside left foot
 LADY: Step right ½ turn to right, slide left ½ turn to right

Hands: raise left hands over lady' head, changing left hands for right hands

3-4 **MAN:** Step left forward, hold
 LADY: Step right ½ turn to right, hold

Hands: back to side-by-side position

5-6 **MAN:** Step right forward, hold
 LADY: Step left forward, hold

BASIC TWO STEP FORWARD

- 1-2 **MAN:** Step left forward, slide right beside left foot
 LADY: Step right forward, slide left beside right foot
- 3-4 **MAN:** Step left forward, hold
 LADY: Step right forward, hold
- 5-6 **MAN:** Step left forward, hold
 LADY: Step right forward, hold

BASIC TWO STEP FORWARD

- 1-6 Repeat previous 6 counts

LADY TURNS AROUND MAN KEEPING FACE LOD

- 1-2 **MAN:** Cross left behind right foot, step right to right
 LADY: Step right forward, step left to left
- 3-4 **MAN:** Step left forward, hold
 LADY: Step right beside left foot, hold

Hands: release right hands

- 5-6 **MAN:** Step right behind left, hold
 LADY: Step left back, hold

Hands: take back right hands behind man and release left hands

- 1-2 **MAN:** Step left in place, step right in place
 LADY: Step right $\frac{1}{4}$ turn to right, step left $\frac{1}{4}$ turn to right

Hands: raise right hands over lady's head

- 3-4 **MAN:** Step left in place, hold
 LADY: Step right $\frac{1}{2}$ turn to right, hold
- 5-6 **MAN:** Step right in place, hold
 LADY: Step left forward, hold

Hands: back to side-by-side position

BASIC TWO STEP FORWARD

- 1-2 **MAN:** Step left forward, slide right beside left foot
 LADY: Step right forward, slide left beside right foot
- 3-4 **MAN:** Step left forward, hold
 LADY: Step right forward, hold
- 5-6 **MAN:** Step left forward, hold
 LADY: Step right forward, hold

BASIC TWO STEP FORWARD

- 1-6 Repeat previous 6 counts

LADY TURNS AROUND MAN

- 1-2 **MAN:** Cross left behind right foot, step right to right
 LADY: Step right $\frac{1}{4}$ turn to left passing in front of man, step left forward

Hands: keep hands joined

- 3-4 **MAN:** Step left forward, hold
 LADY: Step right $\frac{1}{4}$ turn to left, hold

Lady is now back to LOD at man's left side

Hands: keep hands joined

- 5-6 **MAN:** Step right behind left, hold
 LADY: Step left $\frac{1}{4}$ turn to left passing behind man, hold

Hands: keep hands joined

LADY FINISH TO TURN AROUND MAN AND MAKES FULL TURN

- 1-2 **MAN:** Step left in place, step right in place

LADY: Step right $\frac{1}{4}$ turn to left, step left $\frac{1}{2}$ turn to left
3-4 **MAN:** Step left in place, hold
LADY: Step right $\frac{1}{2}$ to left, hold
5-6 **MAN:** Step right in place, hold
LADY: Step left forward, hold

You're back to side-by-side position

BASIC TWO STEP FORWARD

1-2 **MAN:** Step left forward, slide right beside left foot
LADY: Step right forward, slide left beside right foot
3-4 **MAN:** Step left forward, hold
LADY: Step right forward, hold
5-6 **MAN:** Step left forward, hold
LADY: Step right forward, hold

ROCK STEP, STEP TOGETHER, HOLD

1-2 **MAN:** Rock forward on left, rock back on right
LADY: Rock forward on right, rock back on left
3-4 **MAN:** Step left beside right foot, hold (weight on left)
LADY: Step right beside left foot, hold (transferring weight on left)

STEP, SLIDE, STEP SCUFF, STEP, SLIDE, STEP, STOMP

1-2 Step right diagonally to right, slide left beside right foot
3-4 Step right diagonally to right, scuff left
5-6 Step left diagonally to left, slide right beside left foot
7-8 Step left diagonally to left, stomp right beside left foot

SWIVELS, HEEL SPLIT, STOMP, STOMP

1-2 Twist both heels to right, twist both heels to center
3-4 Twist both heels to left, twist both heels to center
5-6 Heels out, heels together
7-8 Stomp left twice

REPEAT
