Two Steppin' (Sitting Version)

級數: ultra Beginner seated dance

編舞者: Suzanne Hoffmann (DE)

音樂: Two Steppin' Mind - Tim McGraw

LEANING SHUFFLES

拍數: 12

- Step on right foot, lean head slightly to the right and clap right thigh with right hand 1
- 2 Step on left foot, lean head slightly to the left and clap left thigh with left hand
- 3 Step on right foot, lean head slightly to the right and clap right thigh with right hand 4 Hold

LEANING SHUFFLES

- 5 Step on left foot, lean head slightly to the left and clap left thigh with left hand
- 6 Step on right foot, lean head slightly to the right and clap right thigh with right hand
- 7 Step on left foot, lean head slightly to the left and clap left thigh with left hand
- 8 Hold

SLIDE FORWARD RIGHT, SLIDE FORWARD LEFT

- 9 Slide right foot forward and slide right hand from mid thigh to knee
- 10 Hold
- 11 Slide left foot forward and slide left hand from mid thigh to knee
- 12 Hold

REPEAT





牆數:1