

拍數: 32 牆數: 4 級數: Intermediate

編舞者: Jo Kinser (UK) & John Kinser (UK) 音樂: Heart's Desire - Lee Roy Parnell



RIGHT SAILOR, LEFT SAILOR, KICK FORWARD, CROSS, UNWIND 360

1&2	Step the ball of the right foot behind the left foot, step the left foot to the left side, step the
	right foot to the right side
3&4	Step the ball of the left foot behind the right foot, step the right foot to the right side, step the left foot to the left side

5-6 Kick the right foot forward, cross the right foot behind the left foot

7-8 Unwind a full turn over the right shoulder

MODIFIED HEEL SWITCHES WITH 1/4 TURN MONTERYS

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1&	Touch the right heel forward, bring the right foot back to the left foot
2&	Touch the left heel forward, bring the left foot back to the right foot
3	Touch the right foot out to the right side
4	Pivot a ¼ to the right on the ball of the left foot bringing the right foot next to the left foot weight right
5&	Touch the left heel forward, bring the left foot back to the right foot
6&	Touch the right heel forward, bring the right foot back to the left foot
7	Touch the left foot out to the left side
8	Pivot a ¼ to the right on the ball of the right foot bringing the left foot next to the right foot weight left

Arm movements: start on count 3. Back of right hand touch outside of right hip, left arm extend forward in front of outside of right hip, fireman holding a hose

SHUFFLE FORWARD RIGHT, ½ SHUFFLE BACK LEFT, HITCH STEP BACK TWICE, TOUCH RIGHT BACK ½

1&2	Step right foot forward, step the left foot next to the right foot step right foot forward
3&4	Step back on the left foot making a ½ turn right, step the right foot next to the left foot, step
	left foot back

&5&6 Hitch the right knee, step back on the right foot, hitch the left knee, step back on the left foot Arm movements: & left hand at chest level, 5 extend left arm forward, & right hand at chest level, 6 extend right arm forward, fireman climbing down ladder

7-8 Touch the right foot back, make a ½ turn over right shoulder keep weight left

COASTER STEP WITH A 1/4, SWEEP 1/2, COASTER STEP, LUNGE FORWARD

Step back on the ball of the right foot, step back on the ball of the left foot, step forward on the right foot ¼ right

Pivot ½ right, sweeping the left foot weight left

Arm movements: left hand over right, as your grabbing a pole sliding down

Step back on the ball of the right foot, step back on the ball of the left foot, step forward on

the right foot 1/8 right

7-8 Big step forward on the left foot, lunge together with the right foot touching right foot next to

left

Arm movements: put hands on thighs as your lunging forward

REPEAT

3-4