

Unarmed

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Jan Wyllie (AUS)
音樂: These Arms - Dwight Yoakam



- 1-2 Rock/step right to right side, rock weight to left
3&4 Making ¼ turn right step right back behind left, step left beside right, step forward on right
5&6 Shuffle forward left-right-left
7-8 Rock/step forward on right, rock back on left
- 9&10 Making ¼ turn to right shuffle to the side right-left-right
11&12 Shuffle forward left-right-left
13-14 Rock/step forward on right, rock back on left
15&16 Step back on right, making ¼ turn left step left to left side, step right across in front of left
- 17-18 Rock/step left to left side, rock weight to right
19 Stamp left beside right
&20 Step small step back on right, step forward on left (keep weight evenly distributed)
21 Transferring weight to left - bend right knee so leg is behind with toes pointing down
& Pivot ¼ turn left on left
22 Stamp right beside left (keep weight on left)
23 Bend right knee so leg is behind with toes pointing to ground
& Pivot ¼ turn left on left
24 Stamp right beside left (weight on right)
- 25 Rock/step left forward at 45 degrees left swaying left hip forward
26 Rock/step right back at 45 degrees right swaying right hip backwards
27-28 Repeat hip sways left and right
29 Rock/step left back at 45 degrees left swaying left hip backwards
30 Rock/step right forward at 45 degrees right swaying right hip forward
31&32 Forward coaster step - step left forward, step right beside left, step back on left
33-36 Toe strut backwards on right, making ½ turn left heel strut forward on left
37-38 Rock forward on right, rock back on left
39&40 Coaster cross - step back on right, step left beside right, step right across in front to left
41-44 Rock/step left to left side, rock sideways onto right, stamp left beside right, hold
45-46 Rock/step right to right side, rock sideways onto left
47&48 Step right behind left, step left to left side, step right across in front of left
- 49-50 Step left to left side, pivot ¼ turn right transferring weight to right
51-52 Step forward on left, hold
53&54 Making ½ turn left shuffle right-left-right
55&56 Making ½ turn left shuffle left-right-left
- 57-58 Rock/step forward on right, rock back on left
59&60 Making ¼ turn right shuffle to right side right-left-right
61 Kick left across in front of right
&62 Step left to left side, touch right beside left
&63 Step right to right side, touch left beside right
&64 Step left to left side, touch right beside left

REPEAT

