

Under Wraps

拍數: 32 牆數: 4 級數: Improver
編舞者: Mare Dodd (USA)
音樂: Wrapped Up In You - Garth Brooks



HEEL SWITCHES RIGHT & LEFT & DOUBLES

1& Touch right heel forward, step on right
2& Touch left heel forward, step on left
3-4 Touch right heel forward twice
&5 Step on right, touch left heel forward
&6 Step on left, touch right heel forward
7-8 Touch left heel forward twice

SHUFFLE LEFT, TURN ½ LEFT & SHUFFLE RIGHT, TURN ½ RIGHT & SHUFFLE LEFT, TURN ¼ RIGHT & RIGHT COASTER STEP

1&2 Shuffle left-right-left to left side
&3&4 Turn ½ left & shuffle right-left-right to right side
&5&6 Turn ½ right & shuffle left-right-left to left side
&7&8 Turn ¼ right & right coaster step: back on right, together with left, forward on right

DIAGONAL STEP-SLIDES FORWARD & HIP BUMPS

1-2 At 45 degree angle left, take large step forward on left, step together with right
&3&4 Applejacks - left & right
5-6 At 45 degree angle right, take large step forward on right, step together with left
&7&8 Applejacks - left & right

For beginner dancers you could substitute the applejacks with hip bumps, scissors, or heel bounces

WALKS BACKWARDS RIGHT & LEFT & SHUFFLE BACK RIGHT-LEFT-RIGHT, ROCK BACK LEFT, RECOVER FORWARD RIGHT, SHUFFLE FORWARD LEFT-RIGHT-LEFT

1-2 Walk back right, walk back left
3&4 Shuffle back right-left-right
5-6 Rock back left, recover forward right
7&8 Shuffle forward left-right-left

REPEAT

TAG

After the 3rd & 6th walls there is extra time in the phrasing. Cross right foot over left & slowly turn one full turn to left

APPLEJACKS

With weight on left heel & right toe, turn left toe & right heel to left & then back to center. Change weight to right heel & left toe. Turn right toe & left heel to right & then back to center.