

Vanilla Twirl

拍數: 28 牆數: 4 級數: Beginner
編舞者: Doris Volz
音樂: Tequila Sunrise - Alan Jackson



LEFT FORWARD, BACK, COASTER STEP

- 1 Step forward with left foot, push left hip forward
- 2 Rock back onto right foot
- 3 Step back with left foot
- & Step together with right foot next to left foot
- 4 Step forward with left foot

RIGHT FORWARD, BACK, COASTER STEP

- 5 Step forward with right foot, push right hip forward
- 6 Rock back onto left foot
- 7 Step back with right foot
- & Step together with left foot next to right foot
- 8 Step forward with right foot

ROCK LEFT, RIGHT, TRIPLE STEP

- 9 Step to left side with left foot, push hips left
- 10 Rock weight onto right foot
- 11 Place left foot next to right foot
- & Step in place with right foot
- 12 Step in place with left foot

ROCK RIGHT, LEFT, TRIPLE STEP

- 13 Step to right side with right foot, push hips right
- 14 Rock weight onto left foot
- 15 Place right foot next to left foot
- & Step in place with left foot
- 16 Step in place with right foot

Option: Full turn right in place on steps 11&12. Full turn left in place on steps 15&16

LEFT BACK, FORWARD, TRIPLE STEP

- 17 Step back with left foot
- 18 Rock forward onto right foot
- 19 Step together with left foot next to right foot
- & Step in place with right foot
- 20 Step in place with left foot

RIGHT BACK, FORWARD, RIGHT SIDE, LEFT SIDE

- 21 Step back with right foot
- 22 Rock forward onto left foot
- 23 Step to right side with right foot, push hips right
- 24 Step to left side with left foot, push hips left

RIGHT SIDE, ¼ TURN, LEFT TRIPLE STEP TURN

- 25 Step to right side with right foot, push hips right
- 26 Pivot ¼ turn left placing weight on left foot
- 27 Begin full left turn in place with right foot

& Continue full left turn with left foot
28 Complete full left turn with right foot

REPEAT
