

拍數: 64                      牆數: 2                      級數: Intermediate  
 編舞者: Chris Hodgson (UK)  
 音樂: 18 Wheels and a Crowbar - BR5-49



### STEP-½ TURN LEFT / STEP-TOUCH / HEEL JACK / STEP ½ TURN RIGHT

1-2                      Step forward on right foot, pivot ½ turn left  
 3-4                      Step forward on right foot, touch left toe behind right foot  
 &5                      Step back on left foot, touch right heel forward  
 &6                      Step right foot in place, touch left toe next to right foot  
 7-8                      Step forward on left foot, pivot ½ turn right

### LEFT SHUFFLE FORWARD / ROCK STEP / TRIPLE ¾ TURN RIGHT / SIDE ROCK STEP

9&10                      Shuffle forward on left-right-left  
 11-12                      Step forward on right foot, rock weight back onto left foot  
 13&14                      Triple step in place on right-left-right making ¾ turn right  
 15-16                      Step left foot to left side, rock weight onto right foot

### STEP-½ TURN RIGHT / STEP-TOUCH / HEEL JACK / STEP ½ TURN LEFT

17-18                      Step forward on left foot, pivot ½ turn right  
 19-20                      Step forward on left foot, touch right toe behind left foot  
 &21                      Step back on right foot, touch left heel forward  
 &22                      Step left foot in place, touch right toe next to left foot  
 23-24                      Step forward on right foot, pivot ½ turn left

### RIGHT SHUFFLE FORWARD / ROCK STEP / TRIPLE ¾ TURN LEFT / SIDE ROCK STEP

25&26                      Shuffle forward on right-left-right  
 27-28                      Step forward on left foot, rock weight back onto right foot  
 29&30                      Triple step in place on left-right-left making ¾ turn left  
 31-32                      Step right foot to right side, rock weight onto left foot

### CROSS SHUFFLE / SIDE ROCK / CROSS SHUFFLE / SWITCHES WITH HOLDS TWICE

33&34                      Crossing right over left shuffle to left on right-left-right (with feet crossed)  
 35-36                      Step left to left side, rock weight onto right foot  
 37&38                      Crossing left over right shuffle to right on left-right-left (with feet crossed)  
 39-40                      Touch right toe to right side, hold position  
 &41-42                      Step right foot in place, touch left toe to left side, hold position  
 &43-44                      Step left foot in place, touch right toe to right side, hold position  
 45&46                      Crossing right over left shuffle to left on right-left-right (with feet crossed)  
 47-48                      Touch left toe to left side, hold position  
 &49-50                      Step left foot in place, touch right toe to right side, hold position  
 &51-52                      Step right foot in place, touch left toe to left side, hold position

### FORWARD CROSS STEPS WITH HOLDS / CROSS-UNWIND ½ TURN / OUT-OUT-IN-IN

53-54                      Cross step left over in front of right, hold position  
 55-56                      Swing right leg around and cross step over in front of left, hold position  
 57-58                      Swing left leg around and cross step over in front of right, hold  
 59-60                      Repeat counts 55-56  
 61-62                      Swing left leg around and cross step over in front of right, unwind ½ turn right  
 &63                      Small step to right on right foot, small step to left on left foot  
 &64                      Small step to place on right foot, small step to place on left foot

REPEAT

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