

Warm Up

拍數: 40 牆數: 0 級數:
編舞者: Harry Hall (UK)
音樂: Whiskey Under the Bridge - Brooks & Dunn



2 SETS - KICK-BALL-CHANGE, STEP, ½ TURN, CLAP

- 1 Left foot kick forward
- & Left toe touch to close to right foot
- 2 Right foot step in place
- 3 Left foot step in front of right leg to the right
- 4 Toes pivot ½ turn to the right
- 5 Hold and clap
- 6 Right foot kick forward
- & Right toe touch in place
- 7 Left foot step in place
- 8 Right foot step in front of left leg to the left
- 9 Toes pivot ½ turn to the left
- 10 Hold and clap

STEP, ½ TURN TO THE RIGHT, SYNCOPATED CHA-CHA STEP

- 11 Right foot step backward
- 12 Toes pivot ½ turn to the right
- 13 Left foot step forward
- & Right foot step forward
- 14 Left foot step forward

STEP, ½ TURN, ROCK STEP

- 15 Right foot step forward
- 16 Toes pivot ½ turn to the left
- 17 Left foot step backward and weight rocks backward

MODIFIED VINE TO THE RIGHT WITH FULL TURN

- 18 Right foot step to the right 1/3 turn to the right
- 19 Left foot step in the same direction 1/3 turn to the right
- 20 Right foot step in the same direction 1/3 turn to the right
- 21 Left foot step to close to right foot

2 SETS - CROSS KICK-BALL-CHANGE

- 22 Right foot kick diagonally forward and to the left
- & Right toe touch to close to left foot
- 23 Left foot step slightly to the left
- 24 Right foot kick diagonally forward and to the left
- & Right toe touch to close to left foot
- 25 Left foot step slightly to the left

STEP, SLIDE, STEP, CROSS

- 26 Left foot step to the left
- & Right foot slide to close to left foot
- 27 Left foot step to the left
- 28 Right foot step in front of left leg to the left and leave the feet in this crossed position through counts 29&

SYNCOPATED STEPS AND ROCK STEPS

- 29 Left foot step forward slightly
- & Right foot step forward slightly
- 30 Left foot step forward and weight rocks forward
- 31 Left foot step backward and weight rocks backward
- & Right foot step to close to left foot
- 32 Left foot step forward

MODIFIED JAZZ BOX TO THE LEFT WITH ¼ TURN TO THE RIGHT

- 33 Right foot step in front of left leg to the left
- 34 Left foot step backward
- 35 Right foot step to the right ¼ turn to the right
- 36 Left foot step to close to the right foot

JAZZ SQUARE TO THE LEFT

- 37 Right foot step in front of left leg to the left
- 38 Left foot step backward
- 39 Right foot step to the right
- 40 Left foot step to close to right foot

REPEAT
