

W.D. 40

拍數: 40 牆數: 4 級數: Improver
編舞者: Mike Salerno (USA)
音樂: Put Your Heart Into It - Sherrié Austin



It's a slick little dance

TWO MONTEREY TURNS

- 1 Point right toe to right side
- 2 Step right foot beside left foot with a ½ pivot right on ball of right foot
- 3 Point left toe to left side
- 4 Step left foot beside right foot
- 5-8 Repeat steps 1-4 above

KICK-BALL-CHANGE, STEP, SLIDE, THREE STEP PIVOT

- 9& Kick right foot forward, step lightly on ball of right foot beside left heel
- 10 Step left foot beside right foot
- 11 Step right foot to right side (a wide step)
- 12 Slide/drag left foot to right foot
- 13 Step left foot to left side beginning a full turn to the left
- 14 Step on right foot continuing turn to the left
- 15 Step on left foot completing turn to the left
- 16 Step right foot beside left foot (shift weight to right foot)

KICK-BALL-CHANGE, STEP, SLIDE, THREE STEP PIVOT

- 17& Kick left foot forward, step lightly on ball of left foot beside right heel
- 18 Step right foot beside left foot
- 19 Step left foot to left side (a wide step)
- 20 Slide/drag right foot to left foot
- 21 Step right foot to right side beginning a full turn to the right
- 22 Step on left foot continuing turn to the right
- 23 Step on right foot completing turn to the right
- 24 Step left foot beside right foot (shift weight to left foot)

RIGHT JAZZ BOX WITH AN 1/8 TURN RIGHT, REPEAT

- 25 Cross/step right foot in front of left foot
- 26 Step left foot backwards with an 1/8 turn right
- 27 Step right foot to right side
- 28 Step left foot beside right foot
- 29-32 Repeat steps 25-28 above

POINT TOE FORWARD, POINT TOE SIDE, SAILOR STEP, REVERSE

- 33-34 Point right toe forward, point right toe to right side
- 35& Cross/step right foot behind left foot, step left foot to left side
- 36 Step right foot in place
- 37-38 Point left toe forward, point left toe to left side
- 39& Cross/step left foot behind right foot, step right foot to right side
- 40 Step left foot in place

REPEAT

