

Wear & Tear

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Gary Lafferty (UK)
音樂: Quality Shoe - Mark Knopfler



"OUT" TOE-STRUTS ; "WALK AROUND" (½ TURN)

Use your hips & knees for added styling on the first 4 counts

- 1-2 Touch right foot forward to right diagonal, lower right heel to floor
- 3-4 Touch left foot forward to left diagonal, lower left heel to floor
- 5-8 Walk around ½ turn over right shoulder stepping on right-left-right-left

RIGHT SIDE-SHUFFLE, ROCK BACK, RECOVER ; LEFT TOE-STRUT, CROSS-ROCK, RECOVER

- 1&2 Step to right on right foot, step on left foot beside right, step to right on right foot
- 3-4 Rock back on left foot, recover weight forward onto right
- 5-6 Touch left foot out to left side, lower left heel to floor
- 7-8 Cross-rock right foot over left, recover weight back onto left foot

¼ TURN SHUFFLE ; ½ TURN SHUFFLE ; STEP BACK, HOLD ; LEFT COASTER STEP

- 1&2 Turn ¼ right, stepping forward onto right, step on left foot beside right, step forward on right
- 3&4 Triple ½ turn back, turning over right shoulder, stepping on left-right-left
- 5-6 Step straight back on right foot, hold
- 7&8 Step back on left foot, step on right foot beside left, step forward on left foot

RIGHT SHUFFLE, ROCK FORWARD, RECOVER, TRIPLE ¾ TURN, STEP RIGHT, KICK LEFT

- 1&2 Step forward on right foot, step on left foot beside right, step forward on right foot
- 3-4 Rock forward on left foot, recover weight back onto right foot
- 5&6 Turn ¾ triple turn over left shoulder, stepping on left-right-left
- 7-8 Step to right on right foot, kick left foot forward to left diagonal

SIDE, KICK, CROSS, KICK ; BEHIND, ¼ TURN, LEFT SHUFFLE

- 1-2 Step to left on left foot, kick right foot forward to left diagonal
- 3-4 Step down on right foot across left, kick left foot forward to left diagonal
- 5-6 Cross-step left foot behind right, turn ¼ right stepping forward onto right foot
- 7&8 Step forward on left foot, step on right foot beside left, step forward on left foot

ROCK FORWARD, RECOVER, TRIPLE ½ TURN ; SIDE, BEHIND, & HEEL, & CROSS

- 1-2 Rock forward on right foot, recover weight back onto left foot
- 3&4 Triple ½ turn over right shoulder, stepping on right-left-right
- 5-6 Step to left on left foot, cross-step right foot behind left
- &7 Step diagonally-back left on left foot, touch right heel forward to right diagonal
- &8 Step down onto right foot beside left, cross-step left foot over right

¼ TURN, ½ TURN ; STEP FORWARD, HEEL TWIST ; STEP BACK, TOUCH-BALL-BACK, ½ TURN

- 1-2 Turn ¼ left stepping back on right foot, turn ½ left stepping forward onto left foot
- 3&4 Step forward on right, twist both heels to right, twist both heels back to center (weight on left foot)
- 5 Step back on right foot
- 6&7 Touch left foot beside right, step very slightly back on left foot, step back on right foot
- 8 Turn ½ left, stepping forward onto left foot

HEEL & HEEL & ROCK, RECOVER ; 1 ¼ ROLLING TURN BACK (RIGHT), CROSS-STEP

The turn travels back, finishing with you facing ¼ right from where you started, ready to begin the dance again

on count 1

- 1&2& Touch right heel forward, step on right beside left, touch left heel forward, step on left beside right
- 3-4 Rock forward on right foot, recover weight back onto left foot
- 5-6 Turn $\frac{1}{2}$ right, stepping forward onto right foot ; turn $\frac{1}{2}$ right, stepping back on left foot
- 7-8 Turn $\frac{1}{4}$ right, stepping to right on right foot ; cross-step left foot over right

REPEAT

Special thanks to John McFall who recommended this track to me. Much appreciated!
