

Impulse

拍數: 32 牆數: 2 級數: Improver
編舞者: Lee Birks (UK) & Lisa Mooney (IRE)
音樂: Horse To Mexico - Trini Triggs



LEFT KICK BALL CROSS, SIDE, RIGHT TURN, RIGHT KICK BALL CROSS, SIDE, HOLD

1&2 Kick left diagonally forward left, step left beside right, cross right over left
3-4 Step left to left side, turn body to right diagonal
5&6 Kick right forward, step right beside left, cross left over right
7-8 Step right to right side, hold

CROSS ROCK, CHASSE LEFT, CROSS, HOLD, SIDE STEP, CROSS, HOLD

9-10 Cross rock left over right, rock back onto right
11&12 Step left to left side, close right beside left, step left to left side
13-14 Cross right over left, hold, cross, hold
&15-16 Step left to left side, cross right over left, hold

HEEL GRIND ¼ TURN LEFT, COASTER STEP, SHUFFLE FORWARD, ROCK STEP

17 Grind left heel to left side making ¼ turn left
18 Take weight back onto right
19&20 Step back left, step right beside left, step forward left
21&22 Step forward right, close left beside right, step forward right
23-24 Rock forward on left, rock back onto right

SHUFFLE ½ TURN LEFT TWICE, COASTER STEP, STEP ¼ PIVOT LEFT

25&26 Shuffle ½ turn left, stepping - left, right, left
27&28 Shuffle ½ turn left, stepping - right, left, right
29&30 Step back left, step right beside left, step forward left
31-32 Step forward right, pivot ¼ turn left, bending knees

Weight ends on right with body angle to left diagonal to start dance again

REPEAT

BRIDGE

When using 'Horse To Mexico' an 8 count bridge is added once, following the second repetition. Basically it is a repeat of the first 8 counts of the dance

KICK BALL CROSS, SIDE STEP, TURN, TWICE

1&2 Kick left diagonally forward left, step left beside right, cross right over left
3-4 Step left to left side, turn body to right diagonal
5&6 Kick right forward, step right beside left, cross left over right
7-8 Step right to right side, turn body to left diagonal