

# 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