

Home Run

拍數: 0 牆數: 0 級數:
編舞者: Ben Heggy (USA)
音樂: Swing - Trace Adkins



Sequence: BASEBALL, BBAASSSE, BBBA

PART B

FOUR QUARTER TURNS LEFT, & FOUR QUARTER TURNS RIGHT

- 1-2 Step right forward, pivot $\frac{1}{4}$ turn left while swinging arms left as if batting
- 3-4 Step right forward, pivot $\frac{1}{4}$ turn left while swinging arms left as if batting
- 5-6 Step right forward, pivot $\frac{1}{4}$ turn left while swinging arms left as if batting
- 7-8 Step right forward, pivot $\frac{1}{4}$ turn left while swinging arms left as if batting
- & Shift weight from left to right
- 1-2 Step left forward, pivot $\frac{1}{4}$ turn right while swinging arms right as if batting
- 3-4 Step left forward, pivot $\frac{1}{4}$ turn right while swinging arms right as if batting
- 5-6 Step left forward, pivot $\frac{1}{4}$ turn right while swinging arms right as if batting
- 7-8 Step left forward, pivot $\frac{1}{4}$ turn right while swinging arms right as if batting

PART A

CROSS, SIDE, SAILOR STEP (FOUR TIMES)

- 1-2 Cross left over right, step right to right side
- 3&4 Left sailor step (step left behind right, step right to right, step left forward)
- 5-6 Cross right over left, step left to left side
- 7&8 Right sailor step (step right behind left, step left to left, step right forward)
- 1-2 Cross left over right, step right to right side
- 3&4 Left sailor step (step left behind right, step right to right, step left forward)
- 5-6 Cross right over left, step left to left side
- 7&8 Right sailor step (step right behind left, step left to left, step right forward)

PART S

HALF TURN, TRIPLE IN PLACE, ROCK STEP, COASTER STEP, ROCK STEP, COASTER STEP, HALF TURN, TRIPLE IN PLACE

- 1-2 Step left forward, $\frac{1}{2}$ turn pivot right
- 3&4 Cha-cha in place left, right, left
- 5-6 Rock forward on right, recover weight on left
- 7&8 Right coaster step (step right back, step left beside right, step right forward)
- 1-2 Rock forward on left, recover weight on right
- 3&4 Left coaster step (step left back, step right beside left, step left forward)
- 5-6 Step right forward, $\frac{1}{2}$ turn pivot left
- 7&8 Cha-cha in place right, left, right

PART E

FOUR HEEL STRUTS FORWARD, CROSS, UNWIND, STOMP, STOMP

- 1-2 Step left heel forward, drop left toes to floor
- 3-4 Step right heel forward, drop right toes to floor
- 5-6 Step left heel forward, drop left toes to floor
- 7-8 Step right heel forward, drop right toes to floor
- 1-2 Cross left over right, unwind $\frac{1}{2}$ turn right
- 3-4 Stomp left, stomp right

PART L

HOOK, KICK, SHUFFLE BACK, HOOK, KICK, SHUFFLE BACK

- 1-2 Hook left across right, kick left forward
- 3&4 Shuffle back left, right, left
- 5-6 Hook right across left, kick right forward
- 7&8 Shuffle back right, left, right

WALK BACK, CROSS, UNWIND, STOMP, STOMP

- 1-2 Walk backward left, right
 - 3-4 Cross left over right, unwind $\frac{1}{2}$ turn right
 - 5-6 Stomp left, stomp right
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