Hot Foot Shuffle



拍數: 0 牆數: 4 級數: Improver

編舞者: Wartan Jemian (USA)

音樂: Leave My Girl Alone - Travis Tritt



INTRODUCTION

POINT, POINT, TRIPLE STEP, POINT, POINT, TRIPLE STEP

1-2 Point right toe to front, point toe to right
3&4 Triple step in place, right-left-right
5-6 Point left toe to front, point toe to left
7&8 Triple step in place, left-right-left

SHUFFLE, TURN, SHUFFLE, STEP, STEP

Shuffle forward, right-left-right
Step left forward, turn ¼ turn right
Shuffle forward, left-right-left
Step right together, step left beside

17-62 Repeat 1-16 of intro

THE MAIN DANCE

RIGHT FOOT: POINT, CROSS, STOMP, HOLD

1-2 Point right toe forward to right, cross right leg across left knee
3-4 Point right toe forward to right, cross right leg across left knee
5-6 Point right toe forward to right, cross right leg across left knee
7-8 Stomp right forward clenching both fists in front at waist level, hold

LEFT FOOT: POINT, CROSS, STOMP, HOLD

9-10	Point left toe forward to left, cross left leg across right knee
11-12	Point left toe forward to left, cross left leg across right knee
13-14	Point left toe forward to left, cross left leg across right knee

15-16 Stomp left forward clenching both fists in front at waist level, pivot ¼ turn right and hold

1-48 Repeat those 16 counts three more times

HALF MONTEREY TURN, POINT, TOGETHER, POINT, TOGETHER

1-2	Point right toe to right, swing right leg behind left, turning about and step beside with right
3-4	Point left toe left, drag left foot beside
5-6	Point right toe to right, drag right foot together
7-8	Point left toe to left, drag left foot together

HALF MONTEREY TURN, POINT, TURN TOGETHER, POINT, TOGETHER

9-10	Point right toe to right, swing right leg behind left, turning about and step beside
11-12	Point left toe left, drag left foot beside
13-14	Point right toe to right, drag right foot behind left foot pivoting _ turn right
15-16	Point left toe to left, drag left foot together
1-48	Repeat those 16 counts three more times

LIFT, RISE, CROSS, UNWIND, KICK BALL CHANGE, STOMP, STOMP

&1 Rise on toes of both feet, settle down in place

2	Jump up, land with feet shoulder width apart
3	Jump up high enough to allow crossing the right in front of the left on landing
4	Unwind to face in the reverse direction
5&6	Brush kick with right foot, touch with right foot, step on left
7-8	Stomp on right, stomp on left beside

LIFT, RISE, CROSS, UNWIND, TURNING KICK BALL CHANGE, STOMP, STOMP

Repeat those 16 counts three more times

&9	Rise on toes of both feet, settle down in place
10	Jump up, land with feet shoulder width apart
11	Jump up high enough to allow crossing the right in front of the left on landing
12	Unwind to face in the reverse direction
13&14	Brush kick with right foot, touch with right foot turning 1/4 turn right, step on left foot
15-16	Stomp on right, stomp on left beside

REPEAT

1-48

You can replace each 16 count pattern with any 8 or 16 count sequence that needs to be practiced