

High Energy

拍數: 56 牆數: 1 級數:
編舞者: Kathy Liskow (USA)
音樂: 5,6,7,8 - Steps



Dedicated in memory of Kathy Crowder Farwell, who was a member of our dance group the "Twin Tier Country Twisters". She was killed in an automobile accident four days after we debuted this dance in an exhibition.

- 1-2 With weight on left foot, cross right foot over left, tap right heel twice.
&3-4 Step n right, cross left foot over right, tap left heel twice.
&5&6 Step on left, cross right foot over left, tap right heel, step on right, cross left foot over right, tap left heel.
&7-8 Step on left, cross right foot over left, tap right heel twice.
- 9&10 Right shuffle to the right (right-left-right)
11-12 Rock back on left, step on right.
13&14 Left shuffle to the left (left-right-left)
15-16 Rock back on right, step on left.
17&18 Right shuffle forward (right-left-right)
19&20 Left shuffle forward (left-right-left).
21&22 Right shuffle forward(right-left-right)
23&24 Left shuffle forward (left-right-left).

On the right shuffles accent hips and twirl right arm above head as if twirling a lasso. On the left shuffles accent hips and point fingers like shooting a gun near left hip.

- 25-26 Rock forward on right, step back on left
27&28 Rock back on right, step on left, step forward on right. (coaster step)
29-30 Rock forward on left, step back on right
31&32 Rock back on left, step on right, step forward on left, (coaster step)
- 33-36 Walk forward right, left, step forward on right, make a half pivot turn left.
37&38 Right shuffle forward (right-left-right)
39-42 Walk forward left, right, left, right.
43-44 Step forward on left, make a half pivot turn right.
45&46 Left shuffle forward (left-right-left), making a half turn right.
- 47-48 Rock back on right foot, step forward on left
49&50 Right shuffle forward (right-left-right).
51-52 Step left foot forward, make a half pivot turn right.
53&54 Touch left toe to left side, step onto left, touch right toe to right side.
&55&56 Step onto right, touch left toe to left side, step on to left, touch right toe to right side.

REPEAT

On the first eight steps really get into it and lift your knee's high and thrust your foot down without tapping your heel.