

High Maintenance Women

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver east coast swing
編舞者: Helen Born (USA) & Nita Lindley (USA)
音樂: High Maintenance Woman - Toby Keith



POINTS, HOLDS

1-2 Point left toes to left, hold
&3-4 Place weight on left, point right toes to right, hold
&5&6 Place weight to right, point left toes left, place weight on left, point right toes to right
7-8 Place weight on right point left toes to left, hold

LEFT, RIGHT FORWARD SHUFFLES, HOLDS

1&2 Shuffle forward left, right, left
3-4 Point right toes to right, hold
5&6 Shuffle forward right, left, right
7-8 Point left toes to left, hold

RIGHT, LEFT BACKWARDS SHUFFLES, KICKS

1&2 Shuffle back left, right, left
3-4 Kick right foot forward twice
5&6 Shuffle back right, left, right
7-8 Kick left foot forward twice

JAZZ BOX ¼ TURN LEFT SCUFF, SIDE SHUFFLE, ROCK STEP

1-2 Step left foot across right, step right back
3-4 Turn ¼ to left and step onto left, scuff right next to left
5&6 Right side shuffle right, left, right
7-8 Rock back on left recover right

REPEAT
