

Heels & Toes

拍數: 64 牆數: 2 級數:
編舞者: Judy McDonald (CAN)
音樂: Hello Walls - David Kersh



RIGHT SIDE SHUFFLE, LEFT ROCK, RIGHT STEP

1&2 Step right to side, step left together, step right to side
3-4 Rock left back, step right in place

LEFT HEEL/STEP, RIGHT HEEL/STEP, LEFT HEEL/STEP, RIGHT HEEL/STEP

5& Touch left heel forward, step left beside right
6& Touch right heel forward, step right beside left
7& Touch left heel forward, step left beside right
8& Touch right heel forward, step right beside left

LEFT SIDE SHUFFLE, RIGHT ROCK, LEFT STEP

1&2 Step left to side, step right together, step left to side
3-4 Rock right back, step left in place

RIGHT HEEL/STEP, LEFT HEEL/STEP, RIGHT HEEL/STEP, LEFT HEEL/STEP

5& Touch right heel forward, step right beside left
6& Touch left heel forward, step left beside right
7& Touch right heel forward, step right beside left
8& Touch left heel forward, step left beside right

RIGHT DIAGONAL SHUFFLE, LEFT ROCK, RIGHT STEP

1&2 Step right forward and to right corner, step left beside right, step right forward and to right corner
3-4 Rock left back, step right in place

LEFT DIAGONAL SHUFFLE, RIGHT ROCK, LEFT STEP

5&6 Step left forward and to left corner, step right beside left, step left forward and to left corner
7-8 Rock right back, step left in place)

RIGHT SIDE SHUFFLE, LEFT SIDE SHUFFLE, RIGHT SIDE SHUFFLE, LEFT ROCK, RIGHT STEP

1&2 Step right to side, step left together, step right to side
3&4 Make ¼ turn to the left and step left to side, step right together, step left to side
5&6 Make ¼ turn to the left and step right to side, step left together, step right to side
7-8 Rock left back, step right in place

LEFT HEEL, LEFT STEP, RIGHT TOE BACK, RIGHT STEP, LEFT HEEL, LEFT STEP, RIGHT HEEL, RIGHT STEP

1& Touch left heel forward, step left beside right
2& Touch right toe behind left, step right beside left
3& Touch left heel forward, step left beside right
4& Touch right heel forward, step right beside left

LEFT TOE BACK, LEFT STEP, RIGHT HEEL, RIGHT STEP, LEFT HEEL, LEFT STEP, RIGHT TOE BACK

5& Touch left toe behind right, step left beside right
6& Touch right heel forward, step right beside left
7& Touch left heel forward, step left beside right
8 Touch right toe behind left

RIGHT SIDE SHUFFLE, LEFT ROCK

- 1&2 Step right to side, step left together, step right to side
- 3 Rock left back

RIGHT HEEL/STEP, LEFT HEEL/STEP, RIGHT TOE BACK, RIGHT STEP, LEFT HEEL/STEP, RIGHT STEP

- 4& Touch right heel forward, step right beside left
- 5& Touch left heel forward, step left beside right
- 6& Touch right toe behind left, step right beside left
- 7& Touch left heel forward, step left beside right
- 8 Step right in place

LEFT SIDE SHUFFLE, RIGHT ROCK

- 1&2 Step left to side, step right together, step left to side
- 3 Rock right back

LEFT HEEL, LEFT STEP, RIGHT HEEL, RIGHT STEP, LEFT TOE BACK, LEFT STEP, RIGHT HEEL, RIGHT STEP, LEFT STEP

- 4& Touch left heel forward, step left beside right
- 5& Touch right heel forward, step right beside left
- 6& Touch left toe behind right, step left beside right
- 7& Touch right heel forward, step right beside left
- 8 Step left in place

(MOVING BACK) RIGHT TOE, LEFT SCOOT, RIGHT TOE, LEFT SCOOT, RIGHT TOE, LEFT SCOOT, RIGHT TOE

- 1& Touch right toe back, hop left slightly back
- 2& Touch right toe back, hop left slightly back
- 3& Touch right toe back, hop left slightly back
- 4 Touch right toe back)

LEFT HEEL JACK, LEFT HEEL JACK

- &5 Step right back, touch left heel forward to left corner
- &6 Step left back, touch right beside left
- &7 Step right back, touch left heel forward to left corner
- &8 Step left back, touch right beside left)

The music hits a break the first time you do this step, so instead of doing two heel jacks, only do one and hold for two counts. After this, you will do two heel jacks every time.

REPEAT
