

Head For The Hills

拍數: 32 牆數: 4 級數: Improver
編舞者: Lana Harvey Wilson (USA)
音樂: Hills of Connemara - Gaelic Storm



FORWARD STEP-SLIDE-STEP, TOE BEHIND, BACK, HEEL FORWARD, STEP, TOE BEHIND

1-2 Step forward on right, slide left next to right with weight
3-4 Step forward on right, touch left toe across behind right
5-6 Step back on left, touch right heel forward
7-8 Step right in place, touch left toe across behind right

BACK STEP-SLIDE-STEP, HEEL FORWARD, STEP, TOE BEHIND, STEP BACK, CLOSE

9-10 Step back on left, slide right back next to left with weight
11-12 Step back on left, touch right heel forward
13-14 Step right in place, touch left toe across behind right
15-16 Step back on left, step right next to left

½ PIVOT, ¼ PIVOT/HOOK, SHUFFLES FORWARD

17-18 Step forward on left, pivot ½ right weight ending on right
19-20 Step forward on left, pivot ¼ right on ball of left hooking right foot over left leg
21&22 Shuffle forward right-left-right
23&24 Shuffle forward left-right-left

½ PIVOT, FORWARD SHUFFLE, HEEL SWITCHES, SCUFF

25-26 Step right forward, pivot ½ left weight ending on left
27-28 Shuffle forward right-left-right
29& Touch left heel forward, step left next to right
30& Touch right heel forward, step right next to left
31& Touch left heel forward, step left next to right
32 Scuff right forward

REPEAT

Harder option for 25-32:

½ PIVOT, HEEL & TOE & HEEL & HEEL & TOE & HEEL &

25-26 Step right forward, pivot ½ left weight ending on left
27& Touch right heel forward, step right next to left
28& Touch left toe back, step left next to right
29& Touch right heel forward, step right next to left
30& Touch left heel forward, step left next to right
31& Touch right toe back, step right next to left
32& Touch left heel forward, step left next to right