

Heads & Tails

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Gemma Marie Wheeler-Cherry (UK)
音樂: Heads Carolina, Tails California - Jo Dee Messina



KICK FORWARD, TOUCH TO SIDE, TOUCH BEHIND, TOUCH TO SIDE, RIGHT SAILOR, LEFT SAILOR

1-2 Kick right forward, touch to right side
3-4 Touch behind left, touch right side
5&6 Step right behind left, left to left side, right to meet
7&8 Left behind right, right to right side, left to meet

SHUFFLE TWICE, STEP PIVOT ½ TURN, LEFT COASTER

1&2 Step right forward, left to meet, right forward
3&4 Step left forward, right to meet, left forward
5-6 Step right forward, pivot ½ turn over left shoulder
7&8 Step left behind, right to meet and step left in front

CROSS STEPS TWICE, UNWIND ½ TURN, KICK BALL CHANGE

1-2 Point right foot to right side, cross right foot over left putting weight onto it
3-4 Point left foot to left side, cross left foot over right putting weight onto it
5&6 Unwind ½ turn keeping weight on left
7&8 Kick right forward, place weight on right, left to meet

RIGHT GRAPEVINE, LEFT HEEL JACK, RIGHT TOE HOP

1-4 Step right to right side, left behind, right to right side, step down left putting weight on it
&5&6 Step right back, jack left heel forward, step left down and bring right to meet
&7&8 Step left back, tap right toe next to left foot, hop on left foot and step right foot down next to left

CHASSE LEFT, CROSS ROCK, 1 ¼ TURNS, SHUFFLE

1&2 Step left to left side, right to meet, left to left side
3-4 Rock onto right foot, stepping it in front of left and rock back onto left foot
5-6 1 ¼ turn to right, stepping right then left
7&8 Step right forward, left to meet and step right forward

ROCK FORWARD, RIGHT & LEFT KNEE POPS

1-2 Rock forward onto left foot and back onto right
3-4 Step back on left foot, popping right knee forward
5-6 Step right foot back, popping left knee forward
7-8 Step back left, pop right knee forward, step back right, pop left knee forward

SIDE ROCK, WALKS FORWARD, SIDE ROCK, STEP, PIVOT ½ TURN SCUFF

1-4 Rock left to left side and place weight back onto right, walk left, right, left
5-6 Rock right to right side and place weight back onto left, step right in front of left
7-8 Pivot ½ turn over left shoulder, scuff right foot

JAZZ BOX, HIP BUMPS

1-4 Cross right foot over left, step left back, step right to right side, step left to left side
5-8 Bump hips twice to right side, bump hips twice to left side

REPEAT

