

Get Rhythm

拍數: 32 牆數: 4 級數:
編舞者: Trish Davies (AUS)
音樂: Get Rhythm - Sweethearts of the Rodeo



HEEL TOE STRUTS

- 1-2 Touch right toe forward, raise right ankle beside & slap with right hand
3-4 Step right toe forward, step forward onto right dropping heel
5-6 Touch left toe forward, raise left ankle beside & slap with left hand
7-8 Step left toe forward, step forward onto left dropping heel
- 9-10 Step forward on ball of right keeping left in contact at center position, pivot $\frac{1}{4}$ to left taking weight on left
11-14 Complete last 2 beats twice ($\frac{3}{4}$ turn executed)
15-16 Bring right foot together with 2 heel bumps in center position
- 17-18 Bronco twist right (or swiggle); twist to the right on the heel of the right foot and the ball of the left foot, then twist back to the center again
19-20 Bronco twist left (or swiggle); twist to the left on the heel of the left foot and the ball of the right foot, then twist back to the center again
21-22 Rock forward on right, return weight to left at center position
23-24 Rock back onto right, return weight to left at center position
- 25-28 Step right to right side, hold, step left behind right, hold
29-32 Step right to right side, step left across right, step right to right side bring left together

REPEAT
