

Getaway

拍數: 32 牆數: 2 級數:
編舞者: Lana Harvey (USA)
音樂: Anyway the Wind Blows - Brother Phelps



This dance should be done with high energy even though it is not very fast.

WALKS, KICK BALL STEP, STEP, KICK, CROSS, SPIN

- 1 Step forward on right foot.
- 2 Step forward on left foot. (emphasize these steps. Should feel like a march.)
- 3 Kick right foot forward.
- & Bring right foot down and slightly forward, putting weight on ball of foot.
- 4 Step forward on left foot, continuing forward movement of beats 1 and 2.
- 5 Step forward on right foot.
- 6 Kick left foot forward.
- 7 Cross left foot over right foot.
- 8 Spin on balls of both feet ½ turn to right.

SHUFFLES, ROLLING VINE WITH SHUFFLE

- 9&10 Shuffle forward (right, left, right)
- 11&12 Shuffle forward (left, right, left)
- 13 Step right foot to right turning ½ turn to right.
- 14 Continuing movement to right, step left foot to right side turning ½ turn right.
- 15&16 Shuffle in place (right, left, right)

FRONT CROSSES, ROLLING VINE WITH SHUFFLE

- 17 Cross left foot over right.
- & Step right foot to right side.
- 18 Step left foot next to right.
- 19 Cross right foot over left.
- & Step left foot to left side.
- 20 Step right foot next to left.
- 21 Step left foot to left side turning ½ turn to left.
- 22 Continuing movement to left, step right foot to left side, turning ½ turn to left.
- 23&24 Shuffle in place (left, right, left)

STEP SLIDE STEP, REAR KICK, STEP SLIDE STEP STOMP

- 25 Step forward with right foot.
- 26 Slide left foot next to right.
- 27 Step forward with right foot.
- 28 Pivot ½ turn to right side on ball of right foot. At same time kick left foot low and to the rear.
- 29 Step forward with left foot.
- 30 Slide right foot to left.
- 31 Step forward with left foot.
- & Step forward on right foot pivoting ½ turn to left.
- 32 Stomp left foot. Left foot will be in front of right foot

REPEAT
