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.

Step forward on right foot.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.

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

Step forward with right foot.
Slide left foot next to right.
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.

Step forward with left foot.
Slide right foot to left.
Step forward with left foot.

Step forward on right foot pivoting ½ turn to left.
Stomp left foot. Left foot will be in front of right foot

REPEAT