

Frontier Breakdown

拍數: 64 牆數: 4 級數: Improver
編舞者: Kathy Hunyadi (USA)
音樂: Frontier Breakdown - Will Faerber



TOE-HEEL STRUTS BACK

- 1-4 Step back on right toes, snap right heel down; step back on left toes, snap left heel down
5-8 Step back on right toes, snap right heel down; step back on left toes, snap left heel down

SIDE ROCK, TOGETHER, CLAP

- 1-4 Rock side right on right foot, step in place on left, step right foot together with left; clap
5-8 Rock side left on left foot, step in place on right, step left foot together with right; clap

POINT, CROSS, ¼ TURN LEFT

- 1-4 Point right toes to right, cross step right foot in front of left, point left toes to left, cross step left foot in front of right
5-8 Point right toes to right, cross step right foot in front of left, point left toes to left, keeping weight on right foot, turn ¼ to left

ROCK, ROCK, ROCK, TOUCH

- 1-4 Rock forward on left foot, rock back on right foot, rock forward on left foot, touch right foot next to left
5-8 Rock forward on right foot, rock back on left foot, rock forward on right foot, touch left foot next to right

GRAPEVINE LEFT, KICK, GRAPEVINE RIGHT, STOMP

- 1-4 Step left foot to left, cross step right foot behind left, step left foot to left, kick right foot forward
5-8 Step right foot to right, cross step left foot behind right, step right foot to right, stomp left foot next to right (take weight on left foot)

TOE-HEEL, CROSS, STEP, STEP, CROSS, STEP, HITCH

- 1-4 Touch right toes in toward left instep, touch right heel to right side on slight diagonal, cross step right foot over left, step back on left foot
5-8 Step to right on right foot, cross step left foot over right, step to right on right, hitch left knee

BIG SIDE STEP LEFT, HITCH & CLAP; BIG SIDE STEP RIGHT, TOUCH & CLAP

- 1-4 Take big side step to left, slide right foot to meet left; hitch right knee & clap
5-8 Take big side step to right, slide left foot to meet right; touch left foot next to right & clap

½ TURN, ½ TURN, STEP, KICK, KICK, KICK

- 1-4 Step forward on left foot, ½ turn to right, step in place on right; step forward on left foot, ½ turn right, step in place on right foot
5-8 Step forward on left, kick right foot forward, kick right foot to right side, kick right foot forward

Dance will end with 'big side step to right'-for style, on the last beat take weight on left foot & pop right knee forward and pose !

REPEAT