

Gentle Warm And Kind

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Cliff Holland (UK)
音樂: Gentle Warm And Kind - Merv & Maria



HEEL DIGS: SAILOR CROSS STEP WITH ½ TURN (RIGHT AND LEFT)

- 1&2 Dig right heel diagonally forward, hook across left shin, dig right heel diagonally forward
3&4 Step right foot behind left making ½ turn right, step left foot slightly to left, cross right foot in front of left foot
5&6 Dig left heel diagonally forward, hook across right shin, dig left heel diagonally forward
7&8 Step left foot behind right making ½ turn left, step right foot slightly to right, cross left foot in front of right foot

SIDE ROCK-BACK-HOOK TWICE: FORWARD ROCK ½ TURN RIGHT-HITCH: BACK HITCHES

- 1&2& Step right foot to right side, rock weight back onto left foot, step back on right foot, hook left foot across right shin
3&4& Step left foot to left side, rock weight back onto right foot, step back on left foot, hook right foot across left shin
5& Step forward on right foot, rock weight back onto left foot, make ½ turn right
6& Step forward onto right foot, hitch left foot
7&8& Step back onto left foot, hitch right, step back onto right foot, hitch left

SIDE-TOGETHER: CHASSE WITH ¼ TURN (LEFT AND RIGHT)

- 1-2 Step left foot to left side, close right foot beside left
3&4 Step left foot to left side, close right foot beside left, step left foot to left side making ¼ turn left
5-6 Step right foot to right side, close left foot beside right
7&8 Step right foot to right side, close left foot beside right, step right foot to right side making ¼ turn right

PIVOT ½ TURN RIGHT: TRIPLE ½ TURN RIGHT: HEEL JACKS RIGHT AND LEFT

- 1-2 Step left foot forward, turn ½ right, transferring weight to right foot
3&4 Make ½ turn right stepping left-right-left
5& Step back on right foot, tap left heel diagonally forward
6& Step back on left foot, step right foot in place beside left
7& Step back on left foot, tap right heel diagonally forward
8& Step back on right foot, step left foot in place beside right

REPEAT
