

For The Beginner

拍數: 32 牆數: 4 級數: Improver
編舞者: Alan "Renegade" Livett (UK)
音樂: Dance - Twister Alley



HEEL, TOE, STEP, PIVOT

- 1 Touch right heel forward
- 2 Touch right toe back
- 3 Step forward on right toe/ball
- 4 Pivot ½ turn left on ball of right foot

Weight stays on right foot

REVERSE LEFT PIVOT, CROSS, UNWIND

- 5 Touch left toe back
- 6 Pivot ½ turn left on ball of right foot

Weight stays on right foot

- 7 Cross left foot in front of and close to right foot
- 8 Unwind ½ turn right on balls of both feet

Facing back wall

APPLE JACKS, SWIVET, SWIVET TURN

- 9 With weight on left heel and right toe, swivel right heel and left toe to the left
- & Return to center
- 10 Change weight to left toe and right heel and swivel left heel and right toe to the right
- & Return to center
- 11 With weight on left heel and right toe, twist hips left side
- & Return hips to center
- 12 With weight on right heel and left toe, twist body ½ turn right

Weight on right foot, facing front wall

SYNCOATED SIDE STEP, CROSS, POINT

- 13 Small step to left side with left foot
- & Step across behind left leg with right foot
- 14 Point left toe to left side
- 15 Step left foot across in front of right leg
- 16 Point right toe to right side

CROSS, POINT, CROSS, SPIN HOOK

- 17 Step right foot across in front of left leg
- 18 Point left toe to left side
- 19 Step left foot across in front of right leg
- 20 Spin 1 ¼ turn right on ball of left foot, hooking right foot across in front of left knee (facing 3:00)

SHUFFLE RIGHT, STEP, PIVOT

- 21 Step forward with right foot
- & Step left foot next to right foot
- 22 Step forward with right foot
- 23 Step forward with left toe/ball
- 24 Pivot ½ turn right on ball of right foot

SHUFFLE LEFT, STEP, PIVOT

- 25 Step forward with left foot
- & Step right foot next to left foot
- 26 Step forward with left foot
- 27 Step forward with right toe/ball
- 28 Pivot ½ turn left on ball of left foot

SYNCOPATED ½ TURNING JAZZ BOX, STEP, STOMP

- 29 Step right foot across in front of left leg
- 30 Step back with left toe/ball
- & Pivot ½ turn right on ball of left foot
- 31 Step forward with right foot
- 32 Stomp left foot next to right foot

REPEAT
