

40 Steps

拍數: 40 牆數: 4 級數: Improver
編舞者: Unknown
音樂: Someone for Me - Whitney Houston



BACKWARD RIGHT-LEFT-RIGHT-RIGHT (LITTLE JUMP)

- 1 Walk backward on right
- 2 Walk backward on left
- 3 Walk backward on right
- 4 Little jump on right

FORWARD LEFT-RIGHT-LEFT-RIGHT

- 5 Walk forward on left
- 6 Walk forward on right
- 7 Walk forward on left
- 8 Walk forward on right

GRAPEVINE RIGHT

- 9 Step right on right
- 10 Cross left behind right
- 11 Step right on right
- 12 Touch left next to right

GRAPEVINE LEFT

- 13 Step left on left
- 14 Cross right behind left
- 15 Step left on left
- 16 Touch right next to left

RIGHT 3-STEP TURN, CLAP

- 17 Step right to right with $\frac{1}{4}$ turn right
- 18 Step left forward with $\frac{1}{2}$ turn right
- 19 Step right back with $\frac{1}{4}$ turn right
- 20 Touch left beside right and clap

LEFT 3-STEP TURN, CLAP

- 21 Step left to left with $\frac{1}{4}$ turn left
- 22 Step right forward with $\frac{1}{2}$ turn left
- 23 Step left back with $\frac{1}{4}$ turn left
- 24 Touch right beside left and clap

RIGHT DISCO STEP

- 25 Step right on right
- 26 Touch left next to right

LEFT DISCO STEP

- 27 Step left on left
- 28 Step right next to left

JUMP FORWARD AND BACKWARD

- 29 Jump forward on both feet

30 Jump backward on both feet

TWIST TWICE BODY AND HIP

31 Twist body and hip right

32 Twist body and hip left

JUMP FORWARD AND BACKWARD

33 Jump forward on both feet

34 Jump backward on both feet

HEEL OPEN AND CLOSE

35 Split heels apart

36 Return heels together

HEEL, TOE, ¼ TURN TO THE LEFT, KICK

37 Touch left heel forward

38 Touch left toe beside left

39 Turn ¼ to the left on left

40 Kick right

REPEAT
