

Four On The Floor

拍數: 32 牆數: 4 級數:
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音樂: 455 Rocket - Kathy Mattea



FORWARD SHUFFLE, LEFT FORWARD, ½ RIGHT PIVOT TURN, RIGHT TOE STEP BACK, LEFT COASTER STEP

1&2 Step right foot forward, step left foot together, step right foot forward
3-4 Step left foot forward, pivot ½ right with weight remaining on left foot
5-6 Touch right toes back, step right foot down
7&8 Step left foot back, step right foot together, step left foot forward

RIGHT FORWARD, LEFT SIDE TOUCH, LEFT CROSS OVER AND FORWARD, RIGHT SIDE TOUCH, RIGHT ROCK FORWARD & BACK

1-2 Step right foot forward, touch left toes to left side
Optional: step right foot forward, kick left foot to left side
3-4 Cross left foot in front of right foot and step, touch right toes to right side
Optional: cross left foot in front of right and step, kick right foot to right side)

5-6 Step right foot forward and rock forward, rock back and recover weight on left foot
Optional step right foot forward, pivot ½ left
7-8 Step right foot back and rock back, rock forward and recover weight on left foot
Optional: step foot forward, pivot ½ left

RIGHT HEEL & HOOK, MEXICAN HAT DANCE, RIGHT TOPE TOUCHES FORWARD & SIDE, SAILOR SHUFFLE

1-2 Touch right heel forward, hook right foot across left shin
3&4 Touch right heel forward, step right foot together, touch left heel forward
& Step left foot together
5-6 Touch right toes front, touch right toes to right side
7&8 Cross right foot behind left and step, step left foot to left side, step right foot in place
You can substitute 2 backward shuffles in place of the sailor shuffles for beginners

SAILOR SHUFFLE, RIGHT ROCK BACK & RECOVER, RIGHT KICK BALL CHANGE, RIGHT FORWARD, ¼ LEFT PIVOT TURN

1&2 Cross left foot behind right and step, step right foot to right side, step left foot in place
3-4 Step right foot back and rock back, rock forward and recover weight on left foot
Optional: step right foot back ad kick left foot forward, recover weight on left foot

5&6 Kick right foot forward, step right together on ball of right foot, step left foot together
7-8 Step right foot forward ¼ left pivot turn with weight ending on left foot
Optional: step right foot forward turning ¼ left, pivot a full turn left - so you end up doing a 1-¼ turn left - for those who like to spin

REPEAT
