

4 To 1 In Line

拍數: 40 牆數: 0 級數:
編舞者: Helen A. Walker (UK)
音樂: 4 to 1 in Atlanta - Tracy Byrd



RIGHT HOOK, FORWARD, BACK, ¼ TURN

- 1-2 Right heel touch forward, hook right in front of left knee
- 3-4 Right foot step forward, left foot touch next to right
- 5-6 Left foot step back, right foot touch next to left
- 7-8 Right foot step forward and at the same time ¼ turn right, left foot touch next to right

¼ TURN, LEFT HOOK, FORWARD, BACK

- 9-10 Left foot step back and at the same time ¼ turn left, right foot touch next to left
- 11-12 Left heel touch forward, hook left in front of right knee
- 13-14 Left foot step forward, right foot touch next to left
- 15-16 Right foot step back, left foot touch next to right

¼ TURN, TOUCH, ¼ TURN, TOUCH, LEFT ROLLING GRAPEVINE, TOUCH

- 17-18 Left foot step forward and at the same time ¼ turn left, right foot touch next to left
- 19-20 Right foot step back and at the same time ¼ turn right, left foot touch next to right
- 21 Left foot step to the side and at the same time ¼ turn left
- 22 Right foot step next to left and at the same time ½ turn left
- 23-24 Left foot step behind right and at the same time ¼ turn left, right foot touch next to left

WALK BACK, STEP, SLIDE, STEP, SLIDE

- 25-27 Walk back right, left, right
- &28 Left foot touch next to right, kick left foot forward
- 29-30 Left foot step diagonally forward to left, right foot slide up to left
- 31-32 Left foot step diagonally forward to left, right foot step next to left

HEELSPLITS, CROSS, TURN, SYNCOPATED JUMPS

- 33-34 Heels out, heels center
- 33-36 Heels out, heels center
- 37-38 Right foot cross in front of left, unwind ½ turn left
- &39 Right foot small jump to side followed by left foot small jump to side
- &40 Right foot small jump to center followed by left foot small jump next to right

REPEAT
