

'57 Chevy

拍數: 32 牆數: 4 級數: Improver
編舞者: Steve Mason (UK)
音樂: 57 Chevrolet - The Deans



SIDE, RECOVER, CROSS, SIDE, RECOVER, CROSS, FORWARD, RECOVER, ½ TURN, ½ TRIPLE TURN

1&2 Rock step left foot to left side, recover weight to right foot, cross step left foot over right foot
3&4 Rock step right foot to right side, recover weight to left foot, cross step right foot over left foot
5&6 Rock step forward on left foot, recover weight to right foot, make ½ turn left and step forward on left foot

Easier option: 5&6 left mambo forward

7&8 Triple step right, left, right, making ½ turn left

Easier option: 7&8 right triple step back

STEP BACK, HITCH, STEP BACK HITCH, LEFT COASTER, HEEL, HITCH, HEEL, HITCH, RIGHT, LOCK, RIGHT

9&10& Step back on left foot, hitch right knee (optional clap & scoot), step back on right foot, hitch left knee (clap & scoot)
11&12 Step back on left foot, step right foot next to left foot, step forward on left foot
13&14& Touch right heel forward, hitch right knee, touch right heel forward, hitch right knee
15&16 Step forward on right foot, lock left foot behind right foot, step forward on right foot

SIDE, BEHIND, ROCK, RECOVER, CROSS, SIDE, BEHIND, ROCK, RECOVER, ¼ TURN

17-18 Step left foot to left side, cross step right foot behind left foot
Fast option: 17&18& step left to left, cross step right behind left, step left to left, cross step right over left
19&20 Rock step left foot to left side, recover weight to right foot, cross step left foot over right foot
21-22 Step right foot to right side, cross step left foot behind right foot
Fast option: 21&22& step right to right, cross step left behind right, step right to right, cross step left over right
23&24 Rock step right foot to right side, recover weight to left foot making ¼ turn left, step right foot forward

SIDE SHUFFLE, HITCH, SIDE SHUFFLE, HITCH, BACK, KICK, BACK, KICK, BACK, FORWARD

25&26& Angle body to left corner but traveling in a straight sideways motion, stepping left foot to left side, close right foot to left foot step left foot to left side, hitch right knee turning to face right diagonal (optional scoot on left foot)
27&28& Angle body to right corner but traveling in a straight sideways motion, stepping right foot to right side, close left foot to right foot, step right foot to right side, hitch left knee turning to face left diagonal (optional scoot on left foot)
29&30& Step back on left foot, kick right foot diagonally right, step back on right foot, kick left foot diagonally left
31-32 Step left foot back, step forward on right foot

REPEAT