

1st Time Stroll

拍數: 40 牆數: 2 級數:
編舞者: Helen Azelio (USA)
音樂: That's How I Got to Memphis - Deryl Dodd



HEEL SPLIT, WALK FORWARD, KICK

- 1-2 Move heels apart, return heels to center
- 3-4 Move heels apart, return heels to center
- 5-6 Step right foot forward, step left foot forward
- 7-8 Step right foot forward, kick left foot forward and clap

CHARLESTON STEP, WALK BACK, STOMP

- 1-2 Step back on left foot, touch right toe behind
- 3-4 Step forward on right foot, kick left foot forward
- 5-6 Step back on left foot, step back on right foot
- 7-8 Step back on left foot, stomp-up with right foot

RIGHT AND LEFT VINES (GRAPEVINES) WITH TOUCH

- 1-2 Step right foot to right side, cross left foot behind right
- 3-4 Step right foot to right side, left toe touch and clap
- 5-6 Step left foot to left side, cross right foot behind left
- 7-8 Step left foot to left side, right toe touch and clap

JAZZ SQUARE (JAZZ BOX), STEP PIVOT, STOMP

- 1-2 Cross right foot over left, step back on left foot
- 3-4 Step to side with right foot, step left foot next to right (weight on left)
- 5-6 Step forward on right foot, pivot ½ turn to left
- 7-8 Stomp right (in place) stomp left (in place - weight on left)

STEP DRAG WITH SCUFF, STEP DRAG WITH STOMP

- 1-2 Step forward on right foot, drag left foot beside right
- 3-4 Step forward on right foot, scuff left foot forward
- 5-6 Step forward on left foot, drag right foot beside left
- 7-8 Step forward on left foot, stomp right foot home (weight on both feet)

REPEAT
