

5,6,7,8

拍數: 32 牆數: 4 級數:
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音樂: 5, 6, 7, 8 - Barry Upton & Wild At Heart



VINES HEEL TAPS

- 1 Step to the right on right foot
- 2 Cross left foot behind right and step
- 3 Step to the right on right foot
- 4 Tap left heel forward and diagonally to the left
- 5 Step to the left on left foot
- 6 Cross right foot behind left and step
- 7 Step to the left on left foot
- 8 Tap right heel forward and diagonally to the right

SIDE STEPS, HEEL TAPS, HIP BUMPS

- 9 Step to the right on right foot
- 10 Tap left heel forward and diagonally to the left
- 11 Step to the left on left foot
- 12 Tap right heel forward and diagonally to the right
- 13-14 Step to the right and bump hips to the right twice
- 15-16 Shift weight to the left foot and bump hips to the left twice

ROCKING CHAIR, TO THE LEFT MILITARY PIVOTS

- 17 Step forward on right foot
- 18 Rock back onto left foot
- 19 Step back on right foot
- 20 Rock forward onto left foot
- 21 Step forward on right foot
- 22 Pivot ½ turn to the left on ball of right foot and shift weight to left foot
- 23-24 Repeat counts 21 and 22

SHUFFLES FORWARD, TO THE LEFT SEMI-MILITARY TURNS

- 25&26 Shuffle forward (right-left-right)
- 27&28 Shuffle forward (left-right-left)
- 29 Step forward on right foot
- 30 Pivot 1/8 turn to the left on ball of right foot and shift weight to left foot
- 31-32 Repeat counts 29-30

REPEAT
