Flying Scotsman



拍數: 32 牆數: 4 級數: Improver

編舞者: John Sharman (UK) & Pete Cranwell (UK) 音樂: Voices Of The Highlands - Speed Limit



TOE, HEEL, STEP, LOCK, STEP

1-2 Touch right toe to left instep, touch right heel to left instep

3&4 (Traveling forward diagonally right). Step forward on right, lock left behind right, step forward

on right making a quarter turn left

TOE, HEEL, STEP, LOCK, STEP

5-6 Touch left toe to right instep, touch left heel to right instep

7&8 (Traveling forward diagonally left). Step on forward on left, lock right behind left, step forward

on left turning to face your home wall

ROCK, RECOVER, SAILOR TURN

9-10 Rock forward on right, recover on left

11&12 Sweep right behind left making a quarter turn right, step on left making a further quarter turn,

step on right beside left

STEP, LOCK, STEP. STEP, LOCK, STEP

Step forward on left, lock right behind left, step forward on left

Step forward on right, lock left behind right, step forward on right

ROCK, RECOVER, SAILOR TURN

17-18 Rock forward on left, recover on right

19&20 Sweep left behind right making a quarter turn left, step on right making a further quarter turn

left, step on left beside right

SHUFFLE HALF TURN LEFT TWICE

Shuffle forward on right, left, right while making a half turn to the left Shuffle back on left, right, left, while making a further half turn left

SIDE, TOGETHER, HEEL, HOOK, STEP, SLIDE, STEP

Touch right toe to right side, touch right toe next to left foot, touch right heel forward, hook

right foot in front of left shin

27&28 Step on right to right side, step on left beside right, step on right to right side

SIDE, TOGETHER, HEEL, HOOK, STEP, SLIDE, TURN

29&30& Touch left toe to left side, touch left toe beside right foot, touch left heel forward, hook left

heel in front of right shin

31&32 Step on left to left side, step on right beside left, step on left making a quarter turn left

REPEAT