

The Fold Out

拍數: 56 牆數: 4 級數: Improver
編舞者: Brenda Bennett (USA)
音樂: Sleepin' On the Foldout - Brad Paisley



RIGHT SHUFFLE, LEFT SHUFFLE, PIVOT TURN, KICK BALL CHANGE

1&2 Shuffle forward right left right
3&4 Shuffle forward left right left
5-6 Step forward right ½ pivot turn
7&8 Kick right foot forward, step right beside left, left in place

RIGHT GRAPEVINE PIVOT ½ TURN (2)

9-10 Step right to right, cross left behind right
11-12 Step right to right, touch left beside right
13-14 Step forward left ½ pivot turn
15-16 Step forward left ½ pivot turn

LEFT GRAPEVINE PIVOT ½ TURN (2)

17-18 Step left to left, cross right behind left
19-20 Step left to left, touch right beside left
21-22 Step forward right ½ pivot turn
23-24 Step forward right ½ pivot turn

MONTEREY TURN (2)

25-26 Touch right toe to right side, make ½ turn right touching right to right
27-28 Touch left toe to left side, step left beside right
29-32 Repeat steps 25-28

RIGHT HEEL JACK LEFT HEEL JACK.(2)

&33&34 Step back right, left heel forward, step left beside right(weight on left)
&35&36 Step back left, right heel forward step right beside left(weight right)
&37-40 Repeat steps &33-36

RIGHT ROCK TRIPLE TURN, LEFT ROCK TRIPLE TURN

41-42 Rock right over left, recover onto left
43-44 Triple turn right, right left right
45-46 Rock left over right, recover onto right
47-48 Triple turn left, left right left

JAZZ BOX ¼ TURN JAZZ BOX

49-52 Cross right over left, step back on left, ¼ turn right, step left beside right
53-56 Cross right over left, step back on left, step back on right, step left beside right

REPEAT