

Fast Cars And Freedom

拍數: 32 牆數: 4 級數: Improver
編舞者: Kash Bane (UK)
音樂: Fast Cars and Freedom - Rascal Flatts



RONDE, ROCKING CHAIR, HOP, POINT

- 1-2 Ronde right foot from front of you out and behind body
- 3-4 Rock back onto right foot, recover onto left foot (sway hips with the rocking motion)
- 5-6 Rock right foot forward, recover onto left foot (sway hips with rocking motion)
- &7 Make a ¼ turn right hopping right foot to right side, step left next to right
- 8 Point right foot to right side

DRUNKEN SAILOR, ROCK, ½ SHUFFLE, HEEL GRIND

- 1&2 Step right behind left foot, step left to left side, step forward on right foot (sway with the sailor step if possible)
- 3-4 Rock left foot forward, recover onto right foot
- 5&6 Make a ½ turn over left shoulder stepping left foot forward, close right to left, step left foot forward (alternatively complete a full triple turn over left shoulder)
- 7-8 Step right heel forward, grind to right side

CROSS ROCK, CHASSE, HEEL GRIND, CROSS ROCK

- 1-2 Rock left foot over right, recover onto right foot
- 3&4 Step left foot to left side, close right next to left, step left to left side
- 5-6 Step right heel forward, grind to right side
- 7-8 Rock left foot over right, recover onto right foot

CHASSE, ½ TURN, RIGHT MAMBO, KICK BALL POINT

- 1&2 Step left to left side, close right to left, step left to left side
- 3-4 Make a ¼ turn right stepping right foot forward, make a further ¼ turn right stepping left foot forward
- 5&6 Rock right foot forward, recover onto left foot, step right next to left
- 7&8 Kick left foot forward, step down onto left foot, point right foot forward

REPEAT
