

Fast Girl

拍數: 48 牆數: 2 級數: Improver
編舞者: Rich Beard (USA)
音樂: Fast Girl - The Tractors



TOE, HEEL, BACK COASTER - TOE, HEEL, BACK COASTER

1-2 Point right toe to inside of left, touch right heel next to left
3&4 Right back, left back next to right, right forward
5-6 Point left toe to inside of right foot, touch left heel next to right
7&8 Left back, right back next to left, left forward

STEP, LOCK, STEP, BRUSH - STEP, LOCK, STEP, BRUSH

1-2 Step right forward, slide left forward and to the outside of right (weight left)
3-4 Step right forward and brush left
5-6 Step left forward, slide right forward and to the outside of left (weight right)
7-8 Step left forward and brush right

¼ LEFT, ¼ LEFT - JAZZ BOX

1-2 Step right forward, pivot ¼ turn left shift weight to left
3-4 Step right forward, pivot ¼ turn left shift weight to left
5-6 Cross right over left, step back on left
7-8 Step right to the side, touch left next to right

GRAPEVINE LEFT - GRAPEVINE RIGHT

1-2 Step left to left side, cross right behind left
3-4 Step left to left side, touch right beside left
5-6 Step right to right side, cross left behind right
7-8 Step right to right side, step left beside right

TOE HEEL SWIVELS LEFT & RIGHT - TOE-HEEL, TOE-HEEL

1-2 Swivel left heel left on ball of left foot and right toes right on heel of right foot, return to center
3-4 Swivel right heel right on ball of right foot and left toes left on heel of left foot, return to center
5-6 Step back on right toe, drop right heel
7-8 Step back on left toe, drop left heel

TOE HEEL SWIVELS LEFT & RIGHT - TOE-HEEL, TOE-HEEL

1-3 Swivel left heel left on ball of left foot and right toes right on heel of right foot, return to center
3-5 Swivel right heel right on ball of right foot and left toes left on heel of left foot, return to center
5-6 Step back on right toe, drop right heel
7-8 Step back on left toe, drop left heel

REPEAT
