

Fastbreak

拍數: 44
編舞者: Norene Gural
音樂: Unknown

牆數: 4

級數:



- 1&2 Step right behind left (angle body to right), step left in place & slightly to right, step right beside left.
- 3&4 Step left behind right (angle body to left), step right in place & slightly to left, step left beside right.
- &5 Hop back on left, step back right.
- &6 Hop back on right, step back left.
- &7 Hop back on left, step back right.
- 8- Stomp left beside right.
- 9-10 Step left to side (point toe to left), slide right next to right.
- 11-12 Step left forward & to left, touch right beside left.
- 13-14 Step right to side (point toe to right), slide left next to right.
- 15-16 Step right forward & to right, touch left beside right.
- 17-18 Touch left toe to side, step left beside right.
- 19-20 Touch right toe to side, spin $\frac{1}{2}$ turn to right on ball of left & step right beside left.
- 21-24 Repeat steps 17-20 turning $\frac{1}{4}$ turn to right.
- 25&26 Touch left heel forward, step in place on ball of left, shift weight to right.
- 27&28 Repeat steps 25&26.
- 29-30 Step left to side, slide right next to left.
- 31-32 Step left to side, touch right beside left.
- 33&34 Touch right heel forward, step in place on ball of right, shift weight to left.
- 35&36 Repeat steps 33 & 34.
- 37-38 Step right to side, slide left next to right.
- 39-40 Step right to side, touch left beside right.
- 41-42 Step left forward, pivot $\frac{1}{2}$ turn to right.
- 43&44 Step left to side, step right beside left, step left to side.

REPEAT
