

Dusters Triples

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Tommy Bailey (USA)
音樂: Time Marches On - Tracy Lawrence



ROCK, STEP, TRIPLE STEPS ¼ TURNS

- 1-2 With weight on left foot rock forward on ball of right foot, rock back on left foot
3&4 Triple step in place (right, left, right)
5-8& Turning ¼ turn to right on ½ beat of music rock forward on ball of left foot, rock back on right foot, triple step in place (left, right, left)

9-12& Turning ¼ turn to right on ½ beat of music with weight on left foot rock forward on ball of right foot, rock back on left foot, triple step in place (right, left, right)
13-16& Turning ¼ turn to right on ½ beat of music rock forward on ball of left foot, rock back on right foot, triple step in place (left, right, left)

STEP BEHIND. SHUFFLE TO RIGHT (TRIPLE STEP)

- 17-18 Step right foot to right side, step left foot behind right foot
19&20 Shuffle to right (right, left, right)

LEFT 360 (FULL TURN) SHUFFLE TO LEFT

- 21-22 Step left to side starting full turn to left, step right foot beside left completing full turn
23&24 Shuffle to left (left, right, left)

ROCK, STEP, ¼ TURN TRIPLE

- 25-26 Step right toe in front of left foot and rock forward, step back on left foot
27&28 Turning ¼ turn to right on ball of left foot, triple step forward on the right foot (right, left, right)

STEP LOCK, STEP ½ TURN LEFT, STEP LOCK, TURN ½ TURN RIGHT, ¼ TURN LEFT

- 29-32 Step forward on left foot, slide right foot forward to outside of left heel, step forward on left while raising right leg slightly off floor, pivot ½ turn to left on left foot
33-36 Step forward on right foot, slide left foot forward to outside of right heel, step forward on right while raising left leg slightly off floor, pivot ½ turn to right on right foot
37-40 Step forward on left foot, slide right foot forward to outside of left heel, step forward on left while raising right leg slightly off floor, pivot ¼ turn to left on left foot

PIVOT STEP, POLKA, PIVOT STEP, POLKA

- 41-42 Step forward on ball of right foot, pivot on balls of both feet ½ turn to left, ending with weight on left foot
43&44 Polka forward right foot (right, left, right)
45-46 Step forward on ball of left foot, pivot on balls of both feet ½ turn to right, ending with weight on right foot
47&48 Polka forward left (left, right, left)

REPEAT
