

8 Ball

拍數: 36 牆數: 1 級數: Intermediate contra dance
編舞者: Neil Jackson
音樂: Flowers On The Wall - Eric Heatherly



Dance starts facing side walls

SIDE STRUT, CROSS STRUT, SIDE STRUT, CROSS STRUT

Steps 1-4& travel back diagonally right with contra lines crossing

- 1& Touch right toe diagonally back right, drop right heel taking weight
- 2& Cross-touch left toe over right foot, drop left heel taking weight
- 3& Touch right toe diagonally back right, drop right heel taking weight
- 4& Cross-touch left toe over right foot, drop left heel taking weight

HEEL STRUTS FORWARD

- 5& Touch right heel forward, drop right toe taking weight
- 6& Touch left heel forward, drop left toe taking weight
- 7& Touch right heel forward, drop right toe taking weight
- 8& Touch left heel forward, drop left toe taking weight

RIGHT COASTER FORWARD, LEFT COASTER BACK

- 9&10 Step right foot forward, step left foot beside right foot, step right foot back
- 11&12 Step left foot back, step right foot beside left foot, step left foot forward

HEEL DIGS ½ TURN RIGHT

- 13& Touch right heel forward, step right foot back, turning ¼ right
- 14& Touch left heel forward, step left foot beside right foot
- 15& Touch right heel forward, step right foot back, turning ¼ right
- 16& Touch left heel forward, step left foot beside right foot

KNEE PUSHES

- 17 Push right knee forward
- 18 Push left knee forward
- 19&20 Push right knee forward, push left knee forward, push right knee forward (weight ends on left foot)

RIGHT CHASSE, ½ TURN CHASSE, CROSS CHASSE, LEFT CHASSE

- 21&22 Step right foot forward diagonally right, close left foot beside right foot, step right foot forward diagonally right
- 23&24 On ball of right foot turn ½ right, stepping left foot diagonally back left, close right foot beside left foot, step left foot diagonally back left
- 25&26 Step left foot diagonally back left, cross right foot over left foot
- 27&28 Step left foot diagonally back left, close right foot beside left foot, step left foot diagonally back left

HEEL STRUTS FORWARD

- 29& Touch right heel forward, drop right toe taking weight
- 30& Touch left heel forward, drop left toe taking weight
- 31& Touch right heel forward, drop right toe taking weight
- 32& Touch left heel forward, drop left toe taking weight

RIGHT COASTER FORWARD, LEFT COASTER BACK

33&34 Step right foot forward, step left foot beside right foot, step right foot back

35&36 Step left foot back, step right foot beside left foot, step left foot forward

You should now be in original position

REPEAT
