

8 Count

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Mark A. Smith (AUS)
音樂: 5,6,7,8 - Steps



- &1 Step forward onto left foot at 45 degrees angle left, step right foot beside left
&2 Repeat steps &1
&3-4 Step forward on left foot at 45 degrees angle left, touch right toes beside left foot & clap hands
&5 Step forward on right foot at 45 degrees angle right, step left foot beside right
&6 Repeat steps & 5
&7-8 Step forward on right foot at 45 degrees angle right, touch left toes beside right, clap
- 9-10 Touch left toe into right instep, touch left heel into right instep
11&12 Step left foot across in front of right, step right onto right, step left across in front of right
13-14 Touch right toe into left instep, touch right heel into left instep
15&16 Step right foot across in front of left, step left onto left, step right across in front of left
- 17 Left 45 heel tap
18 Switch to a right 45 heel tap placing weight onto left foot
19 Switch to a left 45 heel tap placing weight onto right foot
20-21 Repeat steps 18 & 19
22 Tap left toe behind
- 23-24 Step forward onto left foot, kick right foot forward with a clap
25-26 Step backwards onto right foot, tap left toe straight behind
27-28 Step forward onto left foot, kick right foot forward with a clap
- 29&30 Shuffle right leading right foot right-left-right
31&32 Chainy shuffle right leading left-right-left
33-34 Rock right onto right foot, rock left onto left foot
- &35 Step forward onto right foot & turn $\frac{1}{4}$ left onto left foot
&36 Step forward onto right foot & turn $\frac{1}{4}$ left onto left foot
37-38 Step forward onto right heel, drop right foot to floor
39-40 Step forward onto left heel, drop left foot to floor
41-44 Repeat steps 37 to 40
- 45-46 Rock forward onto right foot, rock back onto left foot
47-48 Rock back onto right foot, rock forward onto left foot
&49 Rock forward on right foot & back on left foot
&50 Rock back on right foot & forward on left foot
&51 Rock forward on right foot & back on left foot
52 Stomp (stomp up) right foot beside left
- 53&54 Shuffle right leading right foot
55-56 Rock backwards onto left foot, rock forward onto right foot
57&58 Shuffle left leading left foot
59-60 Rock backwards onto right foot, rock forward onto left foot
- 61-62 Touch right toes beside left foot, touch left toes beside right foot

63-64

Tap right heel in front at 45 degrees angle right, tap left heel in front at 45 degrees angle left

REPEAT
