

Eight Seconds

拍數: 32 牆數: 2 級數: Improver
編舞者: Marisa Klompaker (NL)
音樂: Gimme 8 Seconds - Toby Keith



WALK, WALK, MAMBO-STEP, STEP SLIDE, HEEL JACK WITH SWEEP

1 Right foot step forward
2 Left foot step forward
3 Right foot rock forward
& Replace weight on left foot
4 Touch right foot next to left
5 Right foot big step back
6 Slide left foot next to right foot
& Right foot step back
7 Touch left heel forward
& Replace weight on left foot
8 Sweep with right foot

SAILOR STEP, BEHIND & CROSS, SIDE MAMBO-STEP, STEP SLIDE

1 Step right foot behind left foot
& Step left foot to the left side
2 Step right foot to the right side
3 Cross left foot behind right foot
& Step right foot to the right side
4 Cross left foot in the front of right foot
5 Rock right foot to the right side
& Replace weight on left foot
6 Touch right foot next to left foot
7 Step right foot back
8 Slide left foot next to right foot

KICKBALL-TOUCH, KICKBALL-TOUCH, ROCK-STEP, STEP TURN

1 Right foot kick forward
& Right foot step next to left foot
2 Left toes touch forward
3 Left foot kick forward
& Left foot step next to right foot
4 Right toes touch forward
5 Right foot rock forward
6 Replace weight on left foot
7 Right foot step back
8 Left foot step to left side with a quarter turn to the left

ROCK-STEP, COASTER-STEP OUT-OUT, HOLD, HOLD, SLIDE (WITH ARM MOVEMENTS), TURN

1 Right foot rock forward
2 Replace weight on the left foot
3 Step right foot back
& Step left foot next to right foot
4 Step right foot forward
& Step left foot to the left side
5 Step right foot to the right side, shoulder wide

- 6 Hold
- 7 Hold (touch your right shoulder with your left hand & your left hip with your right hand)
- & Hold (touch your left shoulder with your left hand & your right hip with your right hand)
- 8 Right foot slide next to left foot
- & Make a quarter turn to the left, weight remains on the left foot

REPEAT
