

Eight To The Bar

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: Michele Burton (USA)
音樂: Travelin' Music - Dennis Robbins



KICK, KICK, STEP, TOUCH, ROCK, ROCK, ROCK, AND ROLL

- 1-2 Kick right foot forward twice
- 3-4 Step right beside left, touch left foot to left side (bend right knee)
- 5 Bring left foot beside right and push both knees to the right
- 6 Rock both knees to the left
- 7 Rock both knees to the right
- 8 Roll both knees around to the left as you make ¼ turn left

VINE, TOUCH, CROSS, FLICK, TOUCH

- 9-12 Vine right (step to right with right foot, cross left behind right, step to right with right foot, cross left in front of right)
- 13 Touch right foot to right (bend left knee)
- 14 Cross right foot in front of left shin
- 15 Flick right foot back while making a ½ turn to the left on ball of left foot
- 16 Touch right beside left
- 17-24 Repeat counts 9-16

STEP HOLD, ¼ TURN HOLD, TOUCH TOGETHER, TOUCH TOGETHER

- 25-26 Step right foot to right, hold 1 count
- 27-28 Step left beside right while making ¼ turn on ball of right foot to the left
- 29-30 Touch right to right side, step right beside left
- 31-32 Touch left to left side, step left beside right

HEEL, HOOK, HEEL, HEEL, LEAP, BRUSH, HOP, TOGETHER

- 33-36 Right heel forward, hook right heel across left shin, right heel forward twice
- 37 Leap onto right foot
- 38 Brush left foot forward
- 39 Hop on right foot
- 40 Step left foot beside right (weight on left foot)

TOE HEEL, TOE HEEL, TOE HEEL, ¼ TURN HEEL

- 41-42 Touch right toe forward, then right heel to floor
- 43-44 Touch left toe forward, then left heel to floor
- 45-46 Touch right toe forward, then right heel to floor
- 47-48 ¼ pivot to the left on right ball of foot while touching left toe, then heel to floor

REPEAT

VARIATION:

"Corina, Corina" is phrased in groups of 48 counts, with a musical break on the last 4 counts of each group. A simple break move is given here.

- 45 Step forward on right foot while pivoting on left ¼ turn to left. With left hand, hold front brim of hat.
- 46 Hold
- 47-48 Tip hat (head) down and up