

Eight To The Bar

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Gaye Teather (UK)
音樂: Beat Me Daddy, Eight to the Bar - The Dean Brothers



RIGHT TAP-STEP, LEFT TAP-STEP, CROSS-BACK, CHASSE ¼ TURN RIGHT

1-4 Tap right toe forward, step forward on right, tap left toe forward, step forward on left
5-6 Cross right foot over left, step back on left
7&8 Turn ¼ right stepping right to right side, close left beside right, step right to right

LEFT TAP-STEP, RIGHT TAP-STEP, CROSS-BACK, CHASSE ¼ TURN LEFT

9-12 Tap left toe forward, step forward on left, tap right toe forward, step forward on right
13-14 Cross left foot over right, step back on right
15&16 Turn ¼ turn left stepping left to left side, close right beside left, step left to left

RIGHT KICK-BALL-CHANGE TWICE, ROCK SIDE RIGHT, RECOVER, ROCK BACK RIGHT, RECOVER

17&18 Kick right foot forward, step ball of right foot in place, step left in place
19&20 Repeat 17 & 18
21-22 Rock right foot to right side, recover onto left foot
23-24 Rock right foot back, recover onto left

DIAGONAL STOMP RIGHT, HEEL BOUNCES, DIAGONAL STOMP LEFT, HEEL BOUNCES

25-28 Stomp right foot forward on a right diagonal, raise and lower right heel x 3 (bounces)
29-32 Stomp left foot forward on a left diagonal, raise and lower left heel x 3 (bounces)

Styling note: during steps 25-32 place hands on thighs, lean slightly forward and shimmy shoulders

STEP SWIVELS RIGHT, LEFT, RIGHT, LEFT, FORWARD RIGHT HEEL, LEFT HEEL, BACK RIGHT BACK LEFT

33-34 Step diagonally forward on right, on ball of right, swivel to face left diagonal stepping forward left
35-36 On ball of left foot, swivel to face right diagonal stepping diagonally forward on right on ball of right, swivel to face left diagonal stepping forward on left

During steps 33-36 you should travel only slightly forward

37-38 Step right heel forward, step left heel beside right
39-40 Step back on right, step left beside right

HALF MONTEREY TURN RIGHT, QUARTER MONTEREY TURN RIGHT

41-42 Touch right foot out to right side, on ball of left foot pivot ½ turn right stepping right beside left
43-44 Touch left out to left side, close left beside right
45-46 Touch right foot out to right side, on ball of left foot pivot ¼ turn right stepping right beside left
47-48 Touch left out to left side, close left beside right

REPEAT