

Eldorado

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: Stampede Strut - Rick Tippe



SYNCOPATED JUMP BACK, HOLD, HEEL TAPS, WALKING KNEE POPS, SYNCOPATED CLAPS

- &1-2 Jump back onto right foot; jump back onto left foot next to right; hold
3-4 With feet in place tap heels of both feet twice
5-6 Step forward onto ball of right foot bending knee slightly forward; lower right heel and straighten right knee while stepping forward onto ball of left foot bending knee slightly forward
7&8 Lower left heel and straighten left knee while stepping forward onto ball of right foot bending knee slightly forward; hold and clap hands twice

TURNING KNEE POP, HOLD, WALKING KNEE POP, HOLD, SYNCOPATED DIAGONAL CROSS STEPS, HOLDS

- 9-10 Step a ¼ turn to the left (to the left) onto ball of left foot bending knee slightly forward while straightening right knee; hold
11-12 Lower left heel and straighten left knee while stepping forward onto ball of right foot bending knee slightly forward; hold
&13-14 Step back and diagonally to the left on left foot; cross right foot over left and step; hold
&15-16 Step back and diagonally to the left on left foot; cross right foot over left and step; hold

SIDE PUSH STEP, CROSS, HOLD, SQUAT, UNWIND

- 17-18 Step to the left on ball of left foot; push off of left foot and rock onto right foot in place
19-20 Cross left foot over right and step; hold
Place arms out to sides at waist level, palms facing down for counts 21-22
21-22 With legs crossed, bend knees and lower body; straighten knees and stand upright
23-24 Unwind ½ turn to the right on these two beats

TOE TOUCH, CROSS, UNWIND, DIAGONAL PUSH STEPS

- 25-26 Touch right toe to the right; cross right foot over left
Option: For high energy dancers replace counts 25-26 with the following
25 Jump feet about shoulder width apart
26 Jump and cross right foot over left
27-28 Unwind ¾ turn to the left on these two counts
29&30 Step back and diagonally to the right on right foot; push off of right foot and rock onto left foot in place; step right foot next to left
31&32 Step back and diagonally to the left on left foot; push off of left foot and rock onto right foot in place; step left foot next to right

REPEAT
