

Double F

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ros Brander-Stephenson (UK)
音樂: Wastin' Time With You - Carlene Carter



TOE KICK CROSS HOLD TWICE

- 1-4 Place right toe to left instep, kick right foot out front, cross right over front of left, place right foot down and hold.
5-8 Repeat steps 1-4 on the left side

RIGHT AND LEFT LOCK STEPS BACKWARDS, HOLD

- 9-12 Step back on right, lock left across front of right, step back on right, hold
13-16 Bring left foot from front of right and step back on left behind right lock right in front of left, step back on left, hold

STEP, SLIDE CROSS HOLD TWICE

- 17-20 Step right to right side, slide left next to right, cross right over left, hold
21-24 Repeat steps 17-20 on the left side

RIGHT VINE, TOE TOUCH TO SIDE, HOLD

- 25-28 Step right foot to right side, cross left foot behind right, step right to right side, touch left next to right
29-32 Touch left toe out to left side, touch left toe next to right, touch left toe to left side, hold

LEFT VINE, ¼ TURN LEFT, RIGHT HEEL HOOK TWICE

- 33-36 Step left foot to left side, cross right foot behind left, step foot to left side, and make ¼ turn left, touch right next to left
37-40 Place right heel on floor, hook in front of left shin, place right heel on floor, hook in front of left shin

STEP LOCK ½ TURN RIGHT, STEP BACK ON LEFT, RIGHT, LEFT, HOLD

- 41-44 Step forward on right, lock left foot behind right, step forward on right make ½ turn to right with weight on right
45-48 Step back on left, step back on right, step back on left, hold

COASTER STEP, WALK FORWARD, TWICE

- 49-52 Step back on right, step left next to right, step right forward, hold
53-56 Step forward on left, hold, step forward on right, hold
57-60 step back on left, step right next to left, step left forward, hold
61-64 Step forward on right, hold, step forward on left, hold

REPEAT
