

Diamond In The Rough

拍數: 48 牆數: 4 級數: Beginner
編舞者: Vivienne Scott (CAN)
音樂: Old Chunk Of Coal - Jason McCoy



CHARLESTON STEPS FORWARD/BACK

1-2 Touch right toe forward, hold
3-4 Step right foot back, hold
5-6 Touch left toe back, hold
7-8 Step left foot forward, hold

CHARLESTON STEP FORWARD, COASTER STEP BACK

1-2 Touch right toe forward, hold
3-4 Step right foot back, hold
5-6 Step left foot back, step right foot beside left
7-8 Step left foot forward, hold

TWO TOE STRUTS RIGHT, ROCK STEP, STEP

1-2 Touch right toe to right side on right diagonal, drop heel
3-4 Touch left toe across right on right diagonal, drop heel
5-6 Rock forward on right, recover on left
7-8 Step right behind left, hold

TWO TOE STRUTS LEFT, ROCK STEP, STEP

1-2 Touch left toe to left side on left diagonal, drop heel
3-4 Touch right toe across left on left diagonal, drop heel
5-6 Rock forward on left, recover on right
7-8 Step left behind right, hold

RIGHT SIDE LUNGE (OR ROCK), BEHIND SIDE CROSS

1-2 Side lunge right (or rock), hold
3-4 Recover on left, hold
5-6 Step right behind left, step left to left side
7-8 Cross right over left, hold

LEFT SIDE LUNGE (OR ROCK), BEHIND SIDE CROSS WITH ¼ TURN

1-2 Side lunge left (or rock), hold
3-4 Recover on right, hold
5-6 Step left behind right, step right to right side with ¼ turn right
7-8 Step forward left, hold

REPEAT
