

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Janet Jolliffe (USA)
音樂: Cypress Grove - The GrooveGrass Boyz



SYNCOPATED CROSS ROCKS, HEEL SPLITS & SWIVELS

- 1&2 Rock right to right side, recover weight onto left, cross right over left (take weight onto right)
3&4 Rock left to left side, recover weight onto right, cross left over right (take weight onto left)
5&6 Rock right to right side, recover weight onto left, step right slightly in front of left (weight on both feet)
&7 Split heels to each side, right heel to right, left heel to left), bring both heels back to center
&8 Swivel both heels to right, bring both heels back to center

VINE RIGHT, SYNCOPATED RIGHT VINE, ROCK STEP, COASTER STEP

- 1-2 Step right to right side, cross behind right on ball of left (styling: shrug shoulders down to right, then to left)
3&4 Step right to t side, cross behind right on ball of left foot, step right to right side (shoulders down right, left, right)
5-6 Rock forward on left, recover weight back to right
7&8 Step back on left, step right by left, step left forward

SCUFF, HITCH, SYNCOPATED HEEL/TOE STRUT, SYNCOPATED SWIVELS WITH TURNS

- 1&2& Scuff right heel forward by left, hitch right knee up, tap right heel slightly in front of left, drop right toes to floor
3&4 Swivel both heels right, left, right while making $\frac{1}{4}$ turn to left (facing 9:00)
5&6 Swivel both heels left, right, left while making $\frac{1}{4}$ turn to right (facing 12:00)
7&8 Swivel both heels right, left, right while making $\frac{1}{4}$ turn to left (facing 9:00, weight to right foot)

VINE LEFT, SHUFFLE FORWARD, SYNCOPATED SCUFF, HITCH, STEP, TOE SLIDES

- 1-2 Step left to left side, cross behind left on ball of right foot
3 Step left to left side
4&5 Shuffle forward stepping right, left, right
6&7 Scuff left heel beside right, hitch left knee up, step left foot in front of right (weight on left)
&8 Keeping weight on left, staying in line where right toes were, slide right toes to right side, slide right toes back behind left (weight still on left)

KNEE ROLL WITH TURN, LEFT HEEL SWIVEL, SYNCOPATED TRAVELING SWIVEL, KNEE DIPS, UNWIND

- 1-2 While rolling right knee outward to right side, turn $\frac{1}{4}$ turn to right dropping weight to right, weight on both, standing in place, swing left heel to left which will bring both feet facing towards 12:00
3& Traveling with left foot to right, swing left heel in towards right, bring left toes to center (weight on both feet)
4& Swing right heel to right side, bring right heel back to center (weight on both feet)
5& Dip both knees down at 45 degree angle to right, stand up straight to center
6& Dip both knees down at 45 degree angle to left, stand up straight to center
7-8 Bring ball of left foot behind and to right side of right heel, unwind $\frac{1}{2}$ turn to left (weight on both feet)

SYNCOPATED TOE TOUCHES & STEPS, HEEL BOUNCES WITH TURN, HIP SWAYS

- 1& Touch right toes to right side, step right to center
2& Touch left toes beside right, step left foot slightly back

- 3&4 Step right foot slightly in front of left, bringing weight onto balls of both feet, bounce heels on floor twice while turning $\frac{1}{4}$ turn left (weight. On both)
- 5-8 Sway hips to right, sway hips to left, sway hips to right, sway hips to left (dip knees down for styling)

REPEAT
