

Disconnected

拍數: 32 牆數: 4 級數: Improver
編舞者: Waylon Robbins (USA)
音樂: The Salt in My Tears - Dolly Parton



RIGHT VINE, SHUFFLE WITH DOUBLE ROCK STEPS

- 1 Step to right side with right foot
- 2 Step behind with left foot
- 3&4 Shuffle to right side (right, left, right)
- 5 Rock back on left foot
- 6 Step in place with right foot
- 7 Rock back on left foot
- 8 Step in place with right foot

¼ QUARTER TURN SHUFFLE WITH HALF PIVOT

- 9&10 Shuffle to the left side (left, right, left) turning ¼ to the left
- 11 Step right foot forward
- 12 Pivot ½ turn to left (keeping weight on back on right foot)

SYNCOPATED TOE-HEEL BOUNCES

- & Step left foot quickly back
- 13 Place right heel forward
- 14 Drop right ball to the floor
- 15 Tap right heel down on floor flat
- & Step left foot quickly next to right instep
- 16 Place right heel forward lightly, with no weight

SYNCOPATED CROSSES & TOE TAPS

- 17 Cross right foot over left
- & Step back on left
- 18 Place right heel forward
- 19-20 Tap right ball on floor 2 times (on 2nd tap, place weight forward on right)
- 21 Cross left foot over right
- & Step back on right
- 22 Place left heel forward
- 23-24 Tap left ball on floor 2 times (on 2nd tap, place weight on left)

FORWARD ROCK STEPS WITH COASTERS STEPS

- 25 Rock forward on right foot
- 26 Replace weight back on left foot
- 27&28 Coaster step back on right (right back, left back, right forward)
- 29 Rock forward on left foot
- 30 Replace weight back on right foot
- 31&32 Coaster step back on left (left back, right back, left forward)

REPEAT