

Distracted

拍數: 64 牆數: 2 級數: Intermediate/Advanced
編舞者: Bryan McWherter (USA) & Johanna Barnes (USA)
音樂: Little Bitty Pretty One - Billy Gilman



RIGHT TOE TOUCHES, ¼ MONTEREY TURN RIGHT, LEFT TOE TOUCHES

- 1 Touch right toe forward
- 2 Replace right next to left
- 3 Touch right toe to side
- 4 ¼ turn right, returning right next to left
- 5 Touch left toe forward
- 6 Replace left next to right
- 7 Touch left out to side
- 8 Replace left next to right

RIGHT TOE TOUCHES, ¼ MONTEREY TURN RIGHT, LEFT TOE TOUCHES

- 1 Touch right toe forward
- 2 Replace right next to left
- 3 Touch right toe to side
- 4 ¼ turn right, returning right next to left
- 5 Touch left toe forward
- 6 Replace left next to right
- 7 Touch left out to side
- 8 Replace left next to right

RIGHT KICK JAZZ BOX, LEFT KICK JAZZ BOX

- 1 Kick right forward
- 2 Cross right over left
- 3 Step back on left
- 4 Step right to side
- 5 Kick left forward
- 6 Cross left over right
- 7 Step back on right
- 8 Step left to left side

Style note: lift up onto toes when doing the kicks

RIGHT SIDE SHUFFLE, ¼ TURN LEFT, CURLY SHUFFLE, ROCK, RECOVER

- 1 Step right to side
- & Step left next to right
- 2 Step right to side
- 3 ¼ turn left, step left toe
- 4 Step down on left heel
- & Lift right heel while scooting back (weight should be mostly left)
- 5 Place right toe down
- & Lift right heel while scooting back
- 6 Place right toe down
- & Step slightly back on right
- 7 Step back on right
- 8 Step forward on left

TOE STRUT JAZZ BOX, CROSS

- 1 Cross right over left touching toe
- 2 Drop right heel
- 3 Step back on left toe
- 4 Drop left heel
- 5 Step right toe to side
- 6 Drop right heel
- 7 Cross left over right touching toe
- 8 Drop left heel

RIGHT SHUFFLE, ROCK, RECOVER, SHUFFLE ½ TURN RIGHT, ROCK, ANGLED RECOVER

- 1 Step right to side
- & Step left next to right
- 2 Step right to side
- 3 Step back on left
- 4 Step forward on right
- 5 Step left to side, starting ½ turn right
- & Step right next to left
- 6 Step left to side completing ½ turn
- 7 Step back on right, angling to left
- 8 Step forward on left, staying angled

ANGLED KICKS, CROSSING TRIPLE, ¼ RIGHT PIVOT, TRIPLE FORWARD

- 1 Right kick forward
- & Right step next to left
- 2 Left kick forward
- & Left step next to left
- 3 Right cross over left
- & Left step to side
- 4 Right cross over left
- 5 Left step to side
- 6 Turn ¼ right stepping forward on right
- 7 Step forward left
- & Step right next to left
- 8 Step forward left

RIGHT ½ PIVOT, RIGHT ½ PIVOT, KICK BALL CROSS AND ½ TURN RIGHT

- 1 Right step forward
- 2 Turn ½ pivot left, stepping forward on left
- 3 Right step forward
- 4 Turn ½ pivot left, stepping forward on left
- 5 Right kick forward
- & Right step next to left
- 6 Cross left over right
- 7 Begin ½ turn right, unwinding
- 8 Finish ½ turn right, weight on left

REPEAT
