

Do The Dolphin

拍數: 48 牆數: 4 級數: Intermediate
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音樂: No News - Lonestar



SOFT SHOE STEP, SHUFFLE ½ TURN RIGHT, ROCKS

- 1 Right toe step right while lifting left foot
- & Left step down
- 2 Right toe step beside left while lifting left foot
- & Left step down
- 3-4 Right step right, left step behind right
- 5&6 ½ turn shuffle right (right-left-right)
- 7-8 Left toe rock step left (dip left shoulder left), right rock center in place (come upright)

DOLPHINS LEFT, SHUFFLE ½ TURN LEFT, RIGHT KNEE TAP, RIGHT HEEL TOUCH FORWARD

- 1&2 (Dolphin) left toe step left(dip shoulder left), right step together (come upright), left toe touch left
- 3&4 Repeat above dolphin
- 5&6 Shuffle ½ turn left (left-right-left)
- 7-8 Lift right knee and slap knee with right hand, right heel touch forward (toe pointed up)

RIGHT TOE FANS, COASTER STEP, SHUFFLE LEFT, COASTER WITH ¼ TURN RIGHT

- 1&2 Right toe fan right, right toe fan left, right toe fan right
- 3&4 Coaster step right-left-right (right step back, left step beside right, right step forward)
- 5&6 Shuffle left (left-right-left)
- 7&8 Modified coaster step (right step back turning foot ¼ right, left step together, right step forward)

SHUFFLE, OUT OUT TOUCH, ROCK STEPS, RIGHT STOMP, STOMP, STOMP DOWN

- 1&2 Shuffle forward (left-right-left)
- &3-4 Right step out right, left step out left, right touch to left instep
- 5-6 Right rock back, left rock center
- 7&8 Right stomp center, right stomp slightly forward, right stomp down a little farther forward (weight right)

LEFT TOE HEEL TOUCHES, SHUFFLE LEFT, RIGHT TOE HEEL TOUCHES & SHUFFLE RIGHT

- 1-2 Left toe touch back, left heel touch forward
- 3&4 Shuffle left (left-right-left)
- 5-6 Right toe touch back, right heel touch forward
- 7&8 Shuffle right (right-left-right)

ROMPS DIAGONALLY, KICK BALL CHANGE, STOMP, HOOK

- &1 Left step diagonal back left, right heel touch diagonally forward right
- &2 Right step together, left step together
- &3 Right step diagonal. Back right, left heel touch diagonally forward left
- &4 Left step together, right toe touch left instep
- 5&6 Right kick ball change (right kick forward, right toe step together, left step together)
- 7-8 Right stomp forward (weight left) right hook over left shin

REPEAT