Daydream

拍數: 32

級數: Intermediate

編舞者: Jo Thompson Szymanski (USA)

音樂: Daydream - Bill Wyman And The Rhythm Kings



SOFT-SHOE BASIC RIGHT

- 1&2 Step right foot to right side, rock ball of left foot forward slightly across front of right, replace weight back to right foot
- 3&4 Step left foot to left side, rock ball of right foot forward slightly across front of left, replace weight back to left foot
- 5&6 Step right foot to right side, rock ball of left foot forward slightly across front of right, replace weight back to right foot
- &7 Rock ball of left foot to left side, replace weight to right foot
- &8 Rock ball of left foot forward slightly across front of right, replace weight back to right foot

360 PADDLE TURN LEFT, 360 PADDLE TURN RIGHT

- 1 Step forward with left foot turning left toe out to the left side
- &2 Rock on ball of right foot slightly to right side, turn 1/3 left shifting weight forward to left foot
- &3&4 Repeat &2 two more times

You should now be facing the front

- 5 Step forward with right foot turning right toe out to the right side
- &6 Rock on ball of left foot slightly to left side, turn 1/3 right shifting weight forward to right foot
- &7&8 Repeat &6 two more times

You should now be facing the front

CROSS, SIDE, BEHIND, AND POINT, AND CROSS, SIDE, BEHIND- AND POINT

- 1-2 Step left foot across front of right, step right foot to right side
- 3& Step left foot crossed behind right, step right foot to right side
- 4& Point left toe forward to left diagonal, step back with left foot
- 5-6 Step right foot across front of left, step left foot to left side
- 7& Step right foot crossed behind left, step left foot to left side
- 8 Point right toe forward to right diagonal

AND CROSS, HOLD, AND BEHIND, HOLD, AND ¼ TURN RIGHT, ½ TURN RIGHT, FORWARD TRIPLE STEP

- &1-2 Step back with right foot, step left foot across front of right, hold
- &3-4 Step right foot to right side, step left foot crossed behind right, hold
- &5-6 Step right foot to right side turning ¼ right, step forward with left foot, turn ½ right shifting weight forward to right foot
- 7&8 Step forward with left foot, step together with right, step forward with left

REPEAT





牆數:4