

Db Stroll (P)

拍數: 48 牆數: 0 級數: Partner
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音樂: This Ain't No Thinkin' Thing - Trace Adkins



ROCK TO FRONT, ROCK TO BACK

- 1 Step forward on right foot
- 2 Return weight to left foot
- 3 Step forward on right foot
- 4 Return weight to left foot
- 5 Step back with right foot
- 6 Return weight to left foot
- 7 Step back with right foot
- 8 Return weight to left foot

ROCK FRONT AND BACK, WALK, WALK, TRIPLE STEP

- 1 Step forward on right foot
- 2 Return weight to left foot
- 3 Step back with right foot
- 4 Return weight to left foot
- 5 Step forward with right foot (turning lower body left, upper body right)
- 6 Step forward with left foot (turning lower body right, upper body left)
- 7 Step forward with right foot
- & Step left foot beside right
- 8 Step forward with right foot

ROCK STEP, CHA-CHA-CHA FORWARD AND BACK

- 1 Rock forward on left foot
- 2 Return weight to right foot
- 3 Step back with left foot
- & Step right beside left
- 4 Step back with left foot
- 5 Rock back on right foot
- 6 Return weight to left foot
- 7 Step forward with right foot
- & Step left beside right
- 8 Step forward with right foot

During this segment, lady turns left to face the man on the first cha-cha-cha then turns back to the front on second cha-cha-cha. Man brings right arm around in front then returns it

PIVOT STEP, PIVOT STEP, TWISTY WALK X3 AND SCUFF

- 1 Step forward with left foot
- 2 Turning right to face backwards, shift weight to right foot
- 3 Step forward with left foot
- 4 Turning right to face forward, shift weight to right foot

Raise right hands during this move

- 5 Step forward with left foot (turning lower body right, upper body left)
- 6 Step forward with right foot (turning lower body left, upper body right)
- 7 Step forward with left foot (turning lower body right, upper body left)
- 8 Scuff right heel on floor

STEP SCUFFS, TWISTY WALK AND FACE OUT

- 1 Step forward with right foot
- 2 Scuff left heel
- 3 Step forward with left foot
- 4 Scuff right heel
- 5 Step forward with right foot (turning lower body left, upper body right)
- 6 Step forward with left foot (turning lower body right, upper body left)
- 7 Step forward with right foot (turning lower body left, upper body right)
- 8 Keeping weight on right, turn to face out (man behind woman, hands at shoulders)

STEP TOUCHES AND GRAPEVINE TO FRONT

- 1 Step to left with left foot
- 2 Touch right beside left
- 3 Step to right with right foot
- 4 Touch left beside right
- 5 Step to left with left foot
- 6 Step with right foot by crossing behind left
- 7 Step with left foot, facing forward as you step
- 8 Touch right foot beside left

REPEAT
