

Deep Down

拍數: 42 牆數: 4 級數: Intermediate
編舞者: Ronnie Ann Marchand (USA)
音樂: Deep Down - Pam Tillis



TOE TOUCHES, KICK BALL CHANGE, SAILOR SHUFFLE

- 1 Moving slightly forward, touch right toe to floor
- 2 Hold
- 3 Moving slightly forward, touch left toe to floor
- 4 Hold
- 5&6 Kick right foot forward, quickly step on ball of right foot, step on left
- 7&8 Step right foot behind left foot, quickly step on ball of left foot to left side, step on right

TOE TOUCHES, KICK BALL CHANGE, SAILOR SHUFFLE

- 9 Moving slightly forward, touch left toe to floor
- 10 Hold
- 11 Moving slightly forward, touch right toe to floor
- 12 Hold
- 13&14 Kick left foot forward, quickly step on ball of left foot, step on right foot
- 15&16 Step left foot behind right foot, quickly step on ball of right foot to right side, step on left

STEP, STEP, HIP ROLLS, SHUFFLE, SHUFFLE

- 17 Walk forward on right foot
- 18 Walk forward on left foot (shift weight slightly back to right)
- 19&20 Bend knees slightly, roll hips back and forward twice
- 21&22 Shuffle forward right, left, right
- 23&24 Shuffle forward left, right, left

FULL TURN, SHUFFLE, SHUFFLE WITH ½ TURN, ROCK STEPS

- 25 Step forward on right foot, pivoting on balls of both feet, turn ½ turn to left
- 26 Step back on left foot, pivoting on balls of both feet, turn ½ turn to left
- 27&28 Shuffle forward right, left, right
- 29&30 Shuffle forward left, right, left making a ½ turn to right
- 31 Rock back on right foot
- 32 Step (rock) forward on left foot

STEP, STEP, KICK BALL CHANGE, TOUCH, CROSS WITH ¼ TURN, TOUCH, STEP/CLAP

- 33 Walk forward right
- 34 Walk forward left
- 35&36 Kick right foot forward, quickly step on ball of right foot, step on left
- 37&38 Kick right foot forward, quickly step on ball of right foot, step on left
- 39 Touch right foot out to right side
- 40 Cross right foot in front of left foot, making ¼ turn left
- 41 Touch left toe to left side
- 42 Step left foot next to right foot and clap

REPEAT