

Crowbar

拍數: 32 牆數: 2 級數:
編舞者: David Cheshire (AUS)
音樂: 18 Wheels and a Crowbar - BR5-49



STEP, STEP, SHUFFLE

1-2 Step forward on right foot, step forward on left foot
3&4 Shuffle forward right-left-right
5-6 Step forward on left foot, step forward on right foot
7&8 Shuffle forward left-right-left

STEP PIVOT ½ TURNS, SAILOR SHUFFLES

1&2 Step forward on right foot & pivot ¼ turn left
3&4 Step forward on right foot & pivot ¼ turn left
5&6 Step right foot behind left, step left to left, step right to right
7&8 Step left behind right, step right to right, step left to left

SIDE ROCKS & HEEL SPLITS

1-2 Rock right to right side, rock weight onto left in place
3&4 Step right beside left, split heels apart, bring heels together
5-6 Rock left to left side, rock weight onto right in place
7&8 Step left beside right, split heels apart, bring heels together

ROCK STEPS, ½ TURN TRIPLE STEP

1-2 Rock forward on right, rock back on left
3&4 Step right ½ turn to right & triple step on spot right-left-right

STEP PIVOT TURN, HEEL SPLITS

1-2 Step forward on left, pivot ½ turn right
7&8 Step left beside right, split heels apart, bring heels together

REPEAT
