

Cimarron

拍數: 32 牆數: 2 級數: Improver
編舞者: Ann Thomson-Buhler (AUS)
音樂: Cimarron - Billy Vaughn Orchestra



STEP-CROSS, STEP-SLIDE, STEP-CROSS, STEP-SIDE

1-2-3-4 Step-cross left over right, step/slide right up to left, step-cross left over right, step right to right

ROCK-STEP LEFT, CROSS RIGHT BEHIND LEFT, SWAY LEFT-RIGHT

5-6-7-8 Rock/step left to left, cross right behind left, sway hips left, sway hips right

ROCK-STEP LEFT FORWARD, RAISE RIGHT HEEL, LOWER RIGHT HEEL, TURN ¼ LEFT, LEFT TO LEFT, RAISE RIGHT HEEL, LOWER RIGHT HEEL

1-2-3-4 Rock-step left forward raising right heel, lower right heel, turn ¼ left stepping left to left raising right heel, lower right heel turn ¼ right

ROCK-STEP LEFT FORWARD, RAISE RIGHT HEEL, LOWER RIGHT HEEL, TURN ¼ LEFT, STEP LEFT, CROSS-STEP

5-6-7-8 Rock-step left forward raising right heel, lower right heel, turn ¼ left stepping left to left, bring right across front of left, touch toe outside ankle

FORWARD RIGHT, BEND, STEP BACK, STEP BACK, TAP, POINT

1-2-3-4 Step forward right, bend knees as you step back left, step back right (upright), tap left toe outside right ankle

FORWARD LEFT, LOCK-STEP, SHUFFLE

5-6-7&8 Step forward left, lock-step right behind left, shuffle forward left-right-left

FORWARD RIGHT, ¼ LEFT, CROSS SHUFFLE

1-2-3&4 Step forward right into ¼ turn left (transfer weight left), cross shuffle right-left-right

5-6-7-8 Step left to left, sway hips left-right-left-right

REPEAT
