

The Cinderella

拍數: 80 牆數: 2 級數: Intermediate
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音樂: It's Midnight Cinderella - Garth Brooks



HEEL SWIVELS

- 1-2 With feet together, swivel heels right, center
3-4 With feet together, swivel heels right, center

5-6 Swivel heels left, center
7-8 Swivel heels left, center.

9-10 Swivel heels right, left
11-12 Swivel heels right, left

FORWARD SHUFFLE; ½ TURN

- 13&14 Step forward on right; step left together; step forward on right
15-16 Step forward on right; pivot ½ turn left, switching weight to right
17- 18 Step forward on right; pivot ½ turn to left (switching weight to right foot)

19&20 Step forward on right; step left together; step forward on right
21-22 Step forward on right; pivot ½ turn left, switching weight to right
23-24 Step forward on right; pivot ½ turn to left (switching weight to right foot)

KNEE POPS

- 25 Lift right knee slightly so that right knee pops forward
26 Lower right heel and lift left heel so that left knee pops forward
27 Lift right knee slightly so that right knee pops forward
28 Lower right heel and lift left heel so that left knee pops forward
29 Lift right knee slightly so that right knee pops forward
30 Lower right heel and lift left heel so that left knee pops forward
31 Lift right knee slightly so that right knee pops forward
32 Lower right heel and lift left heel so that left knee pops forward

JUMPS

- 33 Jump back landing on left foot with right heel extended diagonally forward
34 Jump bringing feet together
35 Jump back landing on right foot with left heel extended diagonally forward
36 Jump bringing feet together
37 Jump back landing on left foot with right heel extended diagonally forward
38 Jump bringing feet together
39 Jump back landing on right foot with left heel extended diagonally forward
40 Jump bringing feet together

JUMP TURN

- 41 Jump landing with feet apart
42 Jump landing with right foot crossed over left
43 Unwind legs, making ½ turn to the left
44 Clap hands

SHOULDER ROLLS

45-46 Roll right shoulder back
47-48 Roll left shoulder back

STRUT STEPS

49-50 Step forward on ball of right foot; lower right heel
51-52 Step forward on ball of left foot; lower left heel
53-54 Step forward on ball of right foot; lower right heel
55-56 Step forward on ball of left foot; lower left heel

TOE, HEEL, STEP, CLAP

57-58 Touch right toe next to left foot; tap right heel forward
59-60 Step right foot across left; hold and clap hands

61-62 Touch left toe next to right foot; tap left heel forward
63-64 Step left foot across right; hold and clap hands

KICK AND STEP BACK

65-66 Kick right foot forward; step back on right foot
67-68 Kick left foot forward; step back on left foot
69-70 Kick right foot forward; step back on right foot
71-72 Kick left foot forward; step back on left foot

STEP DRAGS

73-74 Step right foot forward; drag left foot next to right
75-76 Step right foot forward; drag left foot forward and scuff past right
77-78 Step left foot forward; drag right foot next to left
79-80 Step left foot forward; stomp right foot next to left

REPEAT
