

C.J. Stroll

拍數: 44 牆數: 2 級數: Beginner
編舞者: Chris Jones (UK)
音樂: Get Into Reggae Cowboy - The Bellamy Brothers



PIGEON TOES, HEEL, HEEL, TOE, TOE

- 1 Heels apart
- 2 Heels together
- 3 Heels apart
- 4 Heels together
- 5 Tap the right heel forward
- 6 Tap the right heel forward
- 7 Tap the right toe behind
- 8 Tap the right toe behind

RIGHT & LEFT & RIGHT & CENTER SWITCH STEP

- 9 Point the right toe to the right side
- &10 Bring the right foot back to center and point the left toe to the left side
- &11 Bring the left foot back to center and point the right toe to the right side
- 12 Bring the right foot back to center

STEP, POINT, STEP, POINT, REPEAT

- 13 Step forward on the right foot
- 14 Point the left toe to the left side
- 15 Step forward on to the left foot
- 16 Point the right toe to the right side
- 17 Step forward on the right foot
- 18 Point the left toe to the left side
- 19 Step forward on to the left foot
- 20 Point the right toe to the right side

KICK, KICK, BACK, ROCK

- 21 Kick the right foot forward
- 22 Kick the right foot forward
- 23 Step back onto the right foot
- 24 Rock forward on the left foot

SHUFFLE, STEP, PIVOT ½, REPEAT

- 25&26 Shuffle forward on right, left, right
- 27 Step forward on the left foot
- 28 Swivel ½ turn to the right
- 29&30 Shuffle forward on left, right, left
- 31 Step forward on the right foot
- 32 Swivel ½ turn to the left

RIGHT JAZZ BOX, LEFT JAZZ BOX

- 33 Pass the right foot over in front of the left leg
- 34 Step back onto the left foot
- 35 Step the right foot to the side
- 36 Touch the left foot to the side of the right foot
- 37 Pass the left foot over in front of the right leg

- 38 Step back onto the right foot
- 39 Step the left foot to the side
- 40 Touch the right foot to the side of the left foot

STEP, PIVOT ½, STOMP, STOMP

- 41 Step forward on the right foot
- 42 Swivel ½ turn to the left
- 43 Stomp the right foot
- 44 Stomp the right foot

REPEAT
