

Cause And Effect

拍數: 64 牆數: 4 級數: Improver
編舞者: Greg Van Zilen (USA)
音樂: Third Rock from the Sun - Joe Diffie



MONTEREY TURN, MONTEREY TURN ENDING WITH TOUCH

1-2 Touch right toe to right side; pivot on left foot ½ turn right stepping right foot together
3-4 Touch left toe to left side; step left foot home
5-6 Touch right toe to right side; pivot on left foot ½ turn right stepping right foot together
7-8 Touch left toe to left side; touch left toe next to right foot

SIDE SHUFFLE LEFT, ROCK-STEP, SIDE SHUFFLE RIGHT, ROCK-STEP

9&10 Step left foot to left side; step right next to left; step left foot to side
11-12 Step right foot back; replace weight onto left foot
13&14 Step right foot to right side; step left next to right; step right foot to side
15-16 Step left foot back; replace weight onto right foot

STOMP LEFT-RIGHT, CROSS, TURN (TRANSFER WEIGHT), STOMP RIGHT-LEFT, CROSS, TURN (KEEPING WEIGHT)

17-18 Stomp left foot next to right; stomp right foot in place
19-20 Cross left foot over right; unwind ½ turn right, transferring weight to left foot
21-22 Stomp right foot in place; stomp left foot in place
23-24 Cross right foot over left; unwind ½ turn left, keeping weight on left foot

VINE RIGHT, TOUCH, STEP PIVOT ½ TURN RIGHT 2X

25-26 Step right foot to right side; cross left foot behind right
27-28 Step right foot to right side; touch left toe next to right foot
29-30 Step left foot forward; pivot ½ turn right, transferring weight to right foot
31-32 Step left foot forward; pivot ½ turn right, transferring weight to right foot

VINE LEFT, TOUCH, STEP PIVOT ½ TURN LEFT 2X

33-34 Step left foot to left side; cross right foot behind left
35-36 Step left foot to left side; touch right toe next to left foot
37-38 Step right foot forward; pivot ½ turn left, transferring weight to left foot
39-40 Step right foot forward; pivot ½ turn left, transferring weight to left foot

SHUFFLE FORWARD RIGHT-LEFT, ½ TURN LEFT, SHUFFLE BACK RIGHT, ROCK-STEP

41&42 Step right foot forward; step left foot next to right; step right foot forward
43&44 Step left foot forward; step right foot next to left; step left foot forward
&45&46 Pivot ½ turn left on left foot; shuffle backward right; left; right.
47-48 Step left foot back; replace weight onto right foot

SHUFFLE FORWARD LEFT-RIGHT, ½ TURN RIGHT, SHUFFLE BACK LEFT, ROCK-STEP

49&50 Step left foot forward; step right foot next to left; step left foot forward
51&52 Step right foot forward; step left foot next to right; step right foot forward
&53&54 Pivot ½ turn right on right foot; shuffle backward left; right; left
55-56 Step right foot back; replace weight onto left foot

TRIANGLE WITH ¼ TURN RIGHT, HEEL SWIVETS

57-58 Cross right foot over left, step left foot back
59-60 Step ¼ turn right with right foot; step left foot next to right

61-62

On ball of left foot and heel of right, swivel pointing toes to right; return to center

63-64

On ball of right foot and heel of left, swivel pointing toes to left; return to center

REPEAT
