

Changing Feet

拍數: 32 牆數: 4 級數: Improver
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音樂: When It Rains - Gretchen Wilson



Walls 1-3-5 etc starts with right foot and ends with right too walls 2-4-6 etc starts with left foot and ends with left. Movements are the same but you need to change feet and direction of movements

ROCK FORWARD & BACK, SHUFFLE FORWARD, ROCK FORWARD

- 1-2 Rock forward on right foot - back weight to left foot
- 3-4 Rock back on right foot - recover weight to left foot
- 5&6 Step forward with right foot, left beside right, step forward with right foot
- 7-8 Rock forward on left foot - back weight to right foot

ROCK BACK, SHUFFLE FORWARD, ROCK FORWARD, ½ TURN SHUFFLE

- 9-10 Rock back on left foot - recover weight to right foot
- 11&12 Step forward with left foot, right beside left, step forward with left foot
- 13-14 Rock forward on right foot - recover weight on left foot doing a ¼ turn right
- 15&16 Doin' a ¼ turn right, step forward with right foot, left beside right, step forward with right foot

ROCK FORWARD, COASTER STEP, STEP SIDE, CHASSÉ TO THE RIGHT

- 17-18 Rock forward on left foot - recover weight to right foot
- 19&20 Step back with left foot - right beside left - step forward with left foot
- 21-22 Step with right foot to the right side - left beside right
- 23&24 Step to right side with right foot - left beside right - step to right side with left foot

ROCK BACK, TURNING KICK BALL CROSS, TURNING KICK BALL STEP, FULL TURN RIGHT

- 25-26 Rock back with left foot - recover weight to right foot
- 27&28 Angling body 1/8 to left, kick with left foot - step left beside right - cross right over left
- 29&30 Angling body 1/8 to left (you've done a ¼ turn left), kick with left foot - step left beside right - step right foot forward
- 31-32 Stepping left foot forward, do a ½ turn right - stepping right foot back, do a ½ turn right (easy version, two steps forward left-right)

REPEAT

In the second and all the odd walls you'll start with left foot and will do all movements as indicated above, but changing the feet. So in wall 2, you'll start with left and will end with left, and in wall 3 you will start again with right foot