

Castaway

拍數: 32 牆數: 4 級數: Beginner
編舞者: Carol Hick (UK) & Sheila Vee (UK)
音樂: The Underground Man - Glen Mitchell



KICK TWICE RIGHT, SAILOR STEP, KICK CROSS LEFT TWICE, UNWIND

1-2 Kick right foot forward diagonally twice
3 Cross right foot behind left
& Step left to left
4 Step right beside left
5 Kick left foot forward diagonally
6 Cross over right and touch
7 Kick left foot forward diagonally
8 Cross over right and touch
9 With weight evenly distributed on both feet, unwind ½ turn to the right
10 Hold

KICK TWICE RIGHT, SAILOR STEP, KICK CROSS LEFT TWICE, UNWIND

11-12 Kick right foot forward diagonally twice
13 Cross right foot behind left
& Step left to left
14 Step right beside left
15 Kick left foot forward diagonally
16 Cross over right and touch
17 Kick left foot forward diagonally
18 Cross over right and touch
19 With weight evenly distributed on both feet, unwind ½ turn to the right
20 Hold

SWIVEL RIGHT

21 Swivel both heels right
22 Swivel both toes right
23 Swivel both heels right
24 Pivot ¼ turn to the right on left foot, while kicking right foot forward

SHUFFLE ROCK, ½ TURN, SHUFFLE ROCK

25&26 Right shuffle backwards-right, left, right
27 Rock back on left
28 Rock forward on right
29&30 Turning ½ turn to the right on ball of right foot, travel backwards into left shuffle-left, right, left
31 Rock back on right
32 Rock forward on left

REPEAT