

Caffeine And Nicotine

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Jan Wyllie (AUS)
音樂: Smokin' Cigarettes and Drinkin' Coffee Blues - David Ball



- 1-4 Walk forward right, left, right, hold
5-6-7&8 Step forward on left, pivot ½ turn right transferring weight to right, shuffle forward left, right, left
9-12 Walk forward right, left, right, hold
13-14 Rock/step forward on left, rock back on right
15&16 Making ¾ turn left triple step left, right, left

17-20 Step forward on right toe, drop right heel (toe strut), rock back on left, rock forward on right
21-24 Step forward on left toe, drop left heel (toe strut), rock back on right, rock forward on left

25-26 Touch right toe to right, hold
&27-28 Step right beside left, touch left toe to left side, hold
&29-30 Step left beside right, rock/step forward on right, rock back on left
31-32 Walk back right, left

33-34 Rock/step back on right, rock forward on left
35&36 Shuffle forward right, left, right
37&38 Making ½ turn right shuffle forward left, right, left
39-40 Rock/step back on right, rock forward on left

DWIGHT HEELS

- 41-42 Touch right toe to left heel, hold
43-44 Touch right heel to left toe, hold
45-48 Moving to the right touch right toe to left heel, right heel to left toe, right toe to left heel, right heel to left toe

49-52 Rock/step right to right, making ¼ turn left rock forward onto left, step forward on right, hold
53-56 Rock/step forward on left, rock back on right, making ¼ turn left step left to left side, hold

57-60 Cross/rock right over left, tap left behind right, step back on left, step right to right
61-64 Cross/rock left over right, tap right behind left, step back on right, making ¼ turn left step forward on left
65-68 Rock/step forward on right, rock back on left, step back on right, step left beside right

REPEAT
