

Bud Slide

拍數: 40 牆數: 4 級數: Improver
編舞者: Vickie Schermbeck Normile (USA)
音樂: Cryin' Game - Sara Evans



STEP SLIDES

1-2 Step forward on right foot, slide left foot next to right
3-4 Step forward on right foot, touch left foot next to right
5-6 Step forward on left foot, slide right foot next to right
7-8 Step forward on left foot, touch right foot next to right

STEP BACK 4 STEPS, ROLLING GRAPEVINE TO THE LEFT

9-12 Step back on right, step back on left, step back on right, touch left next to right
13-16 Step left on left turning to the left, step on right continuing to turn to the left, step on left
 completing the turn, touch right foot

You will have completed a full turn. Now facing original wall

KICK BALL CHANGES (2), STEPPING TURN TO THE LEFT

17&18 Kick right foot forward slightly, put weight on ball of right foot, change weight to left
19&20 Repeat 17&18
21-22 Step forward on right turning 1/8 to the left
23-24 Step forward on right turning 1/8 to the left

You will have made a ¼ turn to the left

KICK BALL CHANGES (2). ROCK STEP, TRIPLE WITH ½ TURN

25&26 Kick right foot forward slightly ; change weight to ball of right foot; change weight to left
27&28 Repeat 25&26
29-30 Rock forward on right foot, recover weight to left
31&32 Turning to the right for ½ turn: step right, left, right

ROCK STEPS, TRIPLE STEP WITH ½ TURN, BUMPS

33-34 Rock forward on left foot, recover weight to right
35&36 Turning to the left for ½ turn: stepping left, right, left
37-38 Stepping forward slightly on right foot, bump twice to the right
39-40 Bump twice to the left

REPEAT
