

The Big Lonely

拍數: 64 牆數: 0 級數:
編舞者: Cathy Montgomery (CAN)
音樂: You Ain't Lonely Yet - Big House



RIGHT FOOT HEEL GRIND WITH A 3 STEP SHUFFLE

1-2 Place right heel forward and grind from left to right
3&4 Do a 3 step shuffle (right-left-right)

LEFT FOOT HEEL GRIND WITH A LEFT 3 STEP SHUFFLE

5-6 Place left heel forward and grind from right to left
7&8 Do a 3 step shuffle (left-right-left)

½ RIGHT VINE WITH A RIGHT 3 STEP SHUFFLE

1-2 Step right, left behind
3&4 3 step shuffle (right-left-right)

½ LEFT VINE WITH A LEFT 3 STEP SHUFFLE

5-6 Step left, right behind
7&8 3 step shuffle (left-right-left)

TOUCH RIGHT, SCOOT, TOUCH LEFT

1-2 Touch right to right side and hold
3&4 Scoot left right and touch left foot beside right

TOUCH LEFT, SCOOT, TOUCH RIGHT

5-6 Touch left to left side and hold
7&8 Scoot right, left and touch right foot beside left

FOUR 3 STEP SHUFFLES IN A BOX FORMATION

1&2 Three step shuffle with a ¼ turn forward to your left shoulder
3&4 3 step shuffle with a ¼ turn back to your left shoulder
5&6 3 step shuffle with a ¼ forward to your left shoulder
7&8 3 step shuffle with a ¼ turn back to your left shoulder

TOUCH, CROSS, TOUCH, CROSS, TOUCH MONTEREY TURN

1-2 Touch right foot to right side, step right cross left
3-4 Touch left to left side, step left cross right
5-6 Touch right to right side, pivot ½ turn to right shoulder and touch right beside left
7-8 Touch left to left side, step left beside right

1-8 Repeat above 8 steps

2 RIGHT KICK BALL CHANGES KICK, KICK, ½ TURN 3 STEP SHUFFLE

1&2 Kick right foot forward, step quickly onto right, step quickly onto left
3&4 Kick right foot forward, step quickly onto right, step quickly onto left
5-6 Kick right foot forward, kick right foot to side
7&8 ½ turn 3 step shuffle to right shoulder (right-left-right)

2 LEFT KICK BALL CHANGES KICK, KICK, ¼ TURN 3 STEP SHUFFLE

1&2 Kick left foot forward, step quickly onto left, step quickly onto right
3&4 Kick left foot forward, step quickly onto left, step quickly onto right

5-6 Kick left foot forward, kick left foot to side
7&8 ¼ turn 3 step shuffle to left shoulder (left-right-left)

REPEAT
