

Backbone

拍數: 32 牆數: 4 級數: Beginner
編舞者: Bill Shepard (USA)
音樂: I Just Wanna Be Mad - Terri Clark



- 1 Touch the right heel forward
- 2 Touch the right toe next to left foot
- 3 Touch the right toe out to the right
- 4 Bring the right foot next to the left with weight
- 5 Touch the left toe out to the left
- 6 Touch the left toe next to the right foot
- 7 Touch the left heel forward
- 8 Bring the left foot next to the right with weight

MONTEREY TURN

- 9 Touch the right toe out to the right
- 10 Bring the right foot in as you turn half turn to the right, step on the right foot. Weight is on the right foot
- 11 Touch the left toe out to the left
- 12 Bring left foot in to the right with weight

To do the next move the left foot should be a little forward of the right

LEFT VINE WITH A QUARTER TURN

- 13 Right foot behind the left
- 14 Step left with the left foot as you quarter turn to the left
- 15 Step forward on the right
- 16 Extended left heel touch forward (like the truck-en dude)

BACKWARDS HALF TURN

- 17 Step back with the left foot. Weight is on the left
- 18 Step back on the right as you turn a quarter turn to the right. Weight is on the right
- 19 Cross the left in front of the right as you turn a quarter turn to the right step on the left foot. Weight is on the left
- 20 Extended right heel touch forward (like the truck-en dude)

BACKWARDS WEAVE

- 21 Step back and slightly to the right with the right foot
- 22 Cross the left foot in front of the right and step on the left with weight
- 23 Step back with the right foot with weight
- 24 Step to the left with the left foot

JAZZ BOX

- 25 Cross the right foot in front of the left and step on the right with weight
- 26 Step back on the left
- 27 Step to the right with the right foot
- 28 Step forward on the left foot

STEP QUARTER TURN

- 29 Touch the right toe forward
- 30 Pivot on the left foot a quarter turn to the left. Weight is on the left foot
- 31 Touch the right toe forward
- 32 Pivot on the left foot a quarter turn to the left. Weight is on the left foot

REPEAT
