

Backfield In Motion

拍數: 40 牆數: 0 級數:
編舞者: Doris Aldrich & Darrell Aldrich
音樂: King of the Road - Randy Travis



SIDE STEP, HIP WIGGLES, TOGETHER, CLAP, REPEAT

- 1 Step to the right on right foot
- 2-3 Wiggle hips keeping left foot in place
- 4 Slide left foot over next to right and step while clapping hands
- 5-8 Repeat counts 1-4

SIDE STEP-SLIDES, TURN, TOUCH, SIDE STEP TOUCH

- 9 Step to the left on left foot
- 10 Slide right foot over next to left and step while clapping hands
- 11 Step to the left on left foot
- 12 Close right foot next to left (no weight) and clap hands
- 13 Step forward on right foot making a ¼ turn to the left
- 14 Touch left foot next to right
- 15 Step to the left on left foot
- 16 Touch right foot next to left

FORWARD SHUFFLES, MILITARY PIVOT TO THE LEFT, FORWARD SHUFFLE

- 17&18 Shuffle forward (right-left-right)
- 19&20 Shuffle forward, (left-right-left)
- 21 Step forward on right foot
- 22 Pivot ½ turn to the left on right foot and shift weight to left foot
- 23&24 Shuffle forward (right-left-right)

FORWARD SHUFFLE, STOMP, TOUCH, SIDE STEPS

- 25&26 Shuffle forward (left-right-left)
- 27 Stomp right foot next to left
- 28 Touch left foot next to right
- 29 Step to the left on left foot
- 30 Step right foot next to left and clap hands
- 31 Step to the left on left foot
- 32 Touch right foot next to left and clap hands

ROLLING TURNS, TOUCHES

- 33 Step to the right on right foot and begin a full turn to the right traveling to the right
- 34 Step on left foot and continue full to the right traveling turn
- 35 Step on right foot and complete full to the right traveling turn
- 36 Touch left foot next to right
- 37 Step to the left on left foot and begin a full turn to the left traveling to the left
- 38 Step on right foot and continue full to the left traveling turn
- 39 Step on left foot and complete full to the left traveling turn
- 40 Touch right foot next to left

REPEAT