

Backstepping

拍數: 32 牆數: 4 級數: Improver
編舞者: Anita Williams (USA)
音樂: Love Gets Me Every Time - Shania Twain



BACK STEPS WITH CLAPS

- 1-2 Right foot back and to right, left foot touch beside and clap
- 3-4 Left foot back and to left, right foot touch beside and clap
- 5-6 Right foot back and to right, left foot touch beside and clap
- 7-8 Left foot back and to left, right foot toe touch beside (pointed out to side) and clap

RIGHT PUMP AND RIGHT VINE

- 1-4 Right foot pump twice - touch heel, lift up, touch heel, lift up
- 5-8 Right grapevine, left foot toe tap (pointed out to side) on 8

LEFT PUMP AND LEFT VINE

- 1-4 Left foot pump twice - touch heel, lift up, touch heel, lift up
- 5-8 Left grapevine, right foot kick up on 8

ROCK STEPS WITH KNEE HITCHES

- 1-4 Right foot down front, rock back on left, rock forward on right, left knee hitch on 4
- 5-8 Left foot down front, rock back on right, rock forward on left, right knee hitch on 8 with ¼ left turn

REPEAT
