

Backward Start

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: Shenay Hussein (UK)
音樂: Per Sempre Amore - Lolly



4 X BACKWARD PIVOTS, WITH TOE STRUTS

1-2 Touch right toes back, ½ pivot right placing right heel down
3-4 Touch left toes forward, ½ pivot right placing left heel down
5-8 Repeat first 4 counts

If you do not like turning you can just do 4 backward toe struts (right, left, right, left)

COASTER, ½ TURN, KICK BALL CHANGE, ¼ TURN

1&2 Step back on right, bring left next to right, step forward on right
3-4 Step forward on left, ½ pivot right
5&6 Kick left forward, step onto ball of left next to right, step forward on right
7-8 Step forward left, ¼ turn right

SHUFFLE BOX

1&2 Step forward left, bring right next to left, step forward left
3&4 Step right to right side, bring left next to right, step right to right side
5&6 Step back left, bring right next to left, step back left
7&8 Step right behind left, step left to left side, step forward right

2 X KICK BALL CHANGES, BACKWARD TOE STRUT, CROSS, UNWIND

1&2 Kick left forward, step onto ball of left next to right, step right in place
3&4 Kick left forward, step onto ball of left next to right, step right in place
5-6 Touch left toes back, ½ pivot left placing left heels down
7-8 Cross right over left ½ turn unwinding to left

HIP BUMPS

1-2 Push right hip to right side, push right hip to right side
3-4 Push left hips to left side, push left hip to left side
5-6 Circle hips left
7-8 Circle hips left

DOUBLE MONTEREY TURN, APPLEJACKS, 2 X STOMPS

1-2 Touch right to right side, ½ turn right bringing right next to left
3-4 Touch left to left side, ½ turn right bringing left next to right
&5 Swivel to left on right toes and left heel, bring both back to place
&6 Swivel to right on left toes and right heel, bring both back to place
7-8 Stomp right next to left, stomp left next to right

If you do not like doing applejacks, you can swivel heels left, center, right, center

REPEAT