

Bail Me Out

拍數: 48 牆數: 4 級數: Improver
編舞者: Graham Danser (UK)
音樂: Hank Don't Fail Me Now - Vaquero



GRAPEVINE RIGHT SCUFF LEFT GRAPEVINE LEFT SCUFF RIGHT

1-2 Step right foot to right side, step left foot behind right
3-4 Step right foot to right side, scuff left foot forward
5-6 Step left foot to left side, step right foot behind left
7-8 Step left foot to left side, scuff right foot forward

4 TOE STRUTS BACKWARDS: RIGHT, LEFT, RIGHT, LEFT

9-10 Step back on right toes, bring heel down
11-12 Step back on left toes, bring heel down
13-16 Repeat steps 9-12

For added styling: on first toe strut raise both arms and click fingers, on second toe strut lower arms and click fingers - repeat for 3rd and 4th toe struts

MONTEREY TURNS

17-18 Touch right to right side, pivot ½ turn right placing right foot beside left
19-20 Touch left toe to left side, close left foot to right (transfer weight to right)
21-24 Repeat steps 17-20

KICK BALL CHANGE, STOMP ¼ TURN LEFT WITH HEEL BOUNCES

25&26 Kick right foot forward, step back on ball of right foot, transfer weight to left foot
27-28 Stomp right foot forward, turn head ¼ turn to left (hold body position)
29-30 Bounce both heels twice while making ¼ turn to left

LEFT COASTER STEP, 4 POINT CROSSES

31&32 Step back on left foot, close right foot next to left, step left foot forward
33-34 Point right toe to right side, step right foot across the left
35-36 Point left toe to left side, step left foot across the right
37-40 Repeat steps 33-36

STEP ½ PIVOT LEFT, TRIPLE ½ TURN LEFT

41-42 Step forward with right foot, pivot ½ turn left
43&44 Triple step ½ turn left, stepping right, left, right

LEFT COASTER STEP, 2 RIGHT STOMPS

45&46 Step back on left foot, close right foot next to left, step left foot forward
47-48 Stomp right foot twice (keeping weight on left)

REPEAT
