

Attitude

拍數: 56 牆數: 4 級數:
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: Born In the Dark - Doug Stone



TOE/HEEL PATTERN WITH FINGER SNAPS

- 1-2 Step back on right toes; step down on right heel and snap fingers
- 3-4 Step back on left toes; step down on left heel and snap fingers
- 5-6 Step back on right toes; step down on right heel and snap fingers
- 7-8 Step back on left toes; step down on left heel and snap fingers

FORWARD SHUFFLES, JUMP, CROSS, UNWIND, CLAP

- 9&10 Shuffle forward (right, left, right)
- 11&12 Shuffle forward (left, right, left)
- 13-14 Jump (low to floor) landing with both feet approximately shoulder width apart; jump (low to floor) landing with right foot across front of and beside left foot
- 15-16 Pivot ½ turn to left (turn on balls of both feet, ending with weight on left foot); hold and clap hands

DIAGONAL STEP-SLIDES FORWARD

- 17-18 Step forward on right foot (extend both arms forward); slide left next to right (pull both arms back to body)
- 19-20 Repeat counts 17 and 18
- 21-22 Step forward on left foot (extend both arms forward); slide right next to left (pull both arms back to body)
- 23-24 Repeat counts 21 and 22

HEEL SWIVELS, DOUBLE KICK, BACK, TOUCH

- 25-26 Twist body ¼ turn to the right and swivel heels to the left; twist body ½ turn to the left and swivel heels to the right
- 27-28 Twist body ½ turn to the right and swivel heels to the left; twist body ½ turn to the left and swivel heels to the right (weight onto left foot)
- 29-30 Kick right foot forward twice
- 31-32 Step back on right foot; touch left toes back

STEP, TOUCH, KICK-BALL CHANGES, STEP, TOUCH

- 33-34 Step forward on left foot; touch right foot next to left
- 35 Kick right foot forward
- & Step on ball of right foot next to left
- 36 Step left foot next to right
- 37&38 Repeat counts 35 & 36
- 39-40 Step forward on right foot; touch left foot next to right

MILITARY PIVOTS, ROCK STEP, TURNING SHUFFLE

- 41 Step forward on left foot
- 42 Pivot ½ turn to the right on ball of left foot and shift weight to right foot
- 43-44 Repeat counts 41 and 42
- 45-46 Rock forward on left foot; rock back onto right foot in place
- 47&48 Shuffle backward (left, right, left) making a ½ turn to the right on these steps

JAZZ SQUARE, ROMPS

- 49-50 Cross right foot over left and step; rock back onto left foot in place

- 51-52 Step slightly to the right on right foot; step left foot next to right
- &53 Step ball of right foot back and diagonally right; touch left heel forward
- &54 Step left foot back to home; step right foot next to left
- &55 Step ball of left foot back and diagonally left; touch right heel forward
- &56 Step right foot back to home; step left foot next to right

REPEAT
