

Babalou

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Karen Breayley
音樂: Babalou - The Tractors



HEEL BALL CROSS, TWICE, SIDE ROCK, SAILOR CROSS

1&2-3&4 Tap right heel 45 degrees right forward, right ball back to center, cross left over right, repeat
5-6 Rock right to right side, rock onto left in place
7&8 Cross right behind left, rock left to left side, step right across in front of left

HEEL BALL CROSS TWICE, SIDE ROCK, SAILOR FORWARD

1&2-3&4 Tap left heel 45 degrees left forward, left ball back to center, cross right over left, repeat
5-6 Rock left to left side, rock onto right in place
7&8 Left cross step behind right, rock right to right side, left step forward

SHUFFLES FORWARD, STEP FORWARD, ½ PIVOT, TWICE

1&2-3&4 Shuffle forward right left right, & left right left
5-6 Step forward right, pivot turn ½ turn left (weight on left)
7&8 Step forward right, pivot turn ½ turn left (weight on left)

DOROTHY RIGHT & LEFT, ROCK FORWARD, ½ PIVOT, COASTER

1-2& Step right 45 degrees right, lock left behind right, step right 45 degrees right
3-4& Step left 45 degrees left, lock right behind left, step left 45 degrees left
5-6 Rock forward right, rock back on left
7-8 Turn ¼ turn right step right forward, close left beside right

HEEL BALL STEP, TWICE, STEP FORWARD, ½ PIVOT, COASTER

1&2-3&4 Touch right heel forward, (1) step right beside left, (&) step forward on left, (2) touch right heel forward, (3) step right beside left (&) step forward on left (4)
5-6 Step right forward, pivot ½ turn left (weight on right)
7&8 (Coaster)-step back on left, step right beside left, step forward on left

STEP, SHIMMY CLOSE, HOLD TWICE

1-2-3-4 Large step right to right side (1), shimmy shoulders close left beside right (2, 3), hold(4)clap on hold
5-6-7-8 Repeat last 4 steps

KICK BALL CHANGE, KICK BALL CHANGE, CROSS TOE STRUT, COASTER

1&2-3&4 Kick right forward, step right beside left, step left in place, kick right forward, step right beside left, step left in place
5-6 Cross right foot over left on toe, drop heel
7&8 Step back left, step right beside left, step left foot forward

KICK BALL CHANGE, KICK BALL CHANGE, CROSS TOE STRUT, COASTER

1&2-3&4 Kick right forward, step right beside left, step left in place, kick right forward, step right beside left, step left in place
5-6 Cross right foot over left on toe, drop heel
7&8 Step back left, step right beside left, step left foot forward

REPEAT