

拍數: 64 牆數: 4 級數:
編舞者: Margaret Transmeier (USA)
音樂: Loosen Up My Strings - Clint Black



TOUCH RIGHT HEEL, TOE, CROSS HOLD AND SNAP, TOUCH LEFT HEEL, TOE CROSS HOLD AND SNAP, REPEAT 8 COUNTS

- 1 With weight on left foot, touch right toe to side, twisting body and leg toward the left
- 2 Touch right heel forward as you turn body to right
- 3 Cross right foot over left, shifting weight to right foot and return body to original position
- 4 Hold and snap fingers
- 5 With weight on right foot, touch left toe to left side, twisting body and leg to right
- 6 Touch left heel forward as you turn body to left
- 7 Cross left foot over right, shifting weight to left foot, bring body back to original position
- 8 Hold and snap fingers
- 9-16 Repeat counts 1-8

2 RIGHT KICK-BALL-CHANGES, CROSS TURN TO THE RIGHT SHIFT WEIGHT, SNAP

- 17-20 With weight on left, do 2 kick-ball-changes with right foot
- 21 Cross right foot over left
- 22-23 ½ turn to the right on the ball of feet in two counts (option: bending at waist), shifting weight to right foot
- 24 Snap fingers

2 LEFT KICK-BALL-CHANGES, CROSS, ½ TURN TO THE RIGHT, SHIFT WEIGHT, SNAP

- 25-28 With weight on right, do 2 kick-ball-changes with left foot
- 29 Cross left foot over right
- 30-31 ½ turn to the right on the ball of feet in two counts (option: bending at waist), shifting weight to left foot
- 32 Snap fingers

SIDE SHUFFLE, ROCK STEP, ¼ TURN SHUFFLE, ROCK STEP

- 33&34 Side shuffle to right (right-left-right)
- 35-36 Rock back on left, replace on right
- 37&38 As you side shuffle to left (left-right-left), turn ¼ to the right
- 39-40 Rock back on right, replace on left

VINE RIGHT WITH HITCH AND SNAP

- 41-44 Vine right, hitch left knee and snap fingers on 44

FRONT LOCK STEPS

- 45 Step forward with left foot
- 46 Bring right foot up behind left foot
- 47 Step forward with left foot
- 48 Bring right foot up behind left foot (leave weight on right foot)

ROLLING FULL TURN TO THE LEFT, TOUCH LEFT

- 49-51 In next 3 steps, turn full turn to the left as you vine to the left (left-right-left)
- 52 Touch right toe next to left foot

SHUFFLE TO RIGHT, ½ TURN, SHUFFLE LEFT

- 53&54 Shuffle to right (right-left-right)

& ½ turn to the right
55&56 Shuffle to left (left-right-left)

SWAYS RIGHT-LEFT-RIGHT-LEFT

57 Sway body to right
58 Sway body to left
59 Sway body to right
60 Sway body to left

STEP RIGHT, DRAG LEFT, STEP RIGHT, DRAG LEFT

61 Step forward with right foot
62 Drag left foot behind right and shift weight to left
63 Step forward with right
64 Bring left foot next to right and shift weight to left foot

REPEAT
