

Almamater (P)

拍數: 48 牆數: 0 級數: Partner
編舞者: The Dancin Dudes
音樂: HeartBreak School - James Bonamy



Position: Right Open Promenade (Holding Inside Hands)
Man's steps are shown. Lady's steps are opposite foot

STEP, SLIDE, STEP, SCUFF - STEP SLIDE, STEP, SCUFF

Hands: hold inside hands

- 1-2 Left step forward - slide right up to left
- 3-4 Left step forward - scuff right forward
- 5-6 Right step forward - slide left up to right
- 7-8 Right step forward - scuff left forward

STEP ¼ TURN, CROSS SHUFFLE - SIDE, ROCK, SAILOR STEP

Hands: join both hands on ¼ turn - facing partner

- 9-10 Left step forward - make ¼ turn right (weight on right)
- 11&12 Left cross shuffle to right (left-right-left)
- 13-14 Right step to the side - rock weight onto left
- 15&16 Right step behind left - left step to the side (&) - right step to the side

WALK, WALK, ½ TURN, TOUCH - WALK, WALK, ¼ TURN, TOUCH

Hands: man turns under his right arm releasing left hand on ½ turn - turning lady under his right arm & ¼ turn

- 17-18 Left step forward - right step forward
- 19-20 Left step forward making ½ turn right - touch right toe beside left (facing partner)
- 21-22 Right step forward - left step forward
- 23-24 Right step ¼ turn right - touch left toe beside right (LOD)

SHUFFLE FORWARD, STEP, SCUFF - SHUFFLE FORWARD, STEP, SCUFF

Hands: hold inside hands

- 25&26 Left shuffle forward (left-right-left)
- 27-28 Right step forward - scuff left forward
- 29&30 Left shuffle forward (left-right-left)
- 31-32 Right step forward - scuff left forward

STEP PIVOT ½ TURN, SHUFFLE FORWARD - STEP PIVOT ½ TURN SHUFFLE FORWARD

Hands: release hands joining opposite hands on pivot turns

- 33-34 Left step forward - make ½ turn right (weight forward) (RLOD)
- 35&36 Left shuffle forward (left-right-left)
- 37-38 Right step forward - make ½ turn left (weight forward) (LOD)
- 39&40 Right shuffle forward (right-left-right)

WALK, WALK, WALK, WALK - STOMP, STOMP, KICK, KICK

Hands: hold inside hands

- 41-42 Left step forward - right step forward
- 43-44 Left step forward - right step forward
- 45-46 Stomp left twice
- 47-48 Kick left forward (option: touch foot with partners)

REPEAT

