Adalida

拍數: 70　　　　牆數: 4　　　　級數: Intermediate/Advanced

編舞者: Unknown

音樂: Adalida - George Strait

HEEL, STEP, HEEL, STEP
1	Touch left heel forward
2	Step together
3	Touch right heel forward
4	Step together

HEEL, HOOK, HEEL, STEP, HEEL, HOOK, HEEL, STEP
5	Touch left heel forward
6	Hook left over right in front
7	Touch left heel forward
8	Step together
9	Touch right heel forward
10	Hook right over left in front
11	Touch right heel forward
12	Step together

BRUSH, STEP, BRUSH, STEP
13	Brush left foot forward
14	Step on left foot
15	Brush right foot forward
16	Step on right foot

STEP, PIVOT ½, SHUFFLE, SHUFFLE, STEP, PIVOT ½
17	Step forward left
18	Pivot ½ right on both feet (military turn)
19	Shuffle forward left
&	Shuffle together right
20	Shuffle forward left
21	Shuffle forward right
&	Shuffle together left
22	Shuffle forward right
23	Step forward left
24	Pivot ½ right on both feet (military turn)

GRAPEVINE LEFT WITH ½ TURN, JAZZ BOX
25	Step left to left side
26	Step right behind left
27	Step left to left side while turning ½ left at the same time
28	Swing right leg forward to complete ½ turn to left
29	Cross right over left in front
30	Step back on left
31	Step right to right side
32	Step together left

STEP, PIVOT ½, MODIFIED "DWIGHT YOAKAMS"
33	Step forward right

34	Pivot ½ left on both feet (military turn)
35	Swivel on ball of left foot (toes pointing to the right), as you touch heel of right foot and point toes to the right (weight will be on left ball and right heel)
36	Swivel to heel of left foot (toes pointing to the left), as you touch ball of right foot and point toes to the left (weight will be on left heel and right ball)
37	Swivel to ball of left foot (toes pointing to the right), as you touch heel of right foot and point toes to the right (weight will be on left ball and right heel)
38	Swivel to heel of left foot (toes pointing to the left), as you touch ball of right foot and point toes to the left (weight will be on left heel and right ball)
39	Swivel to ball of left foot (toes pointing to the right), as you touch heel of right foot and point toes to the right (weight will be on left ball and right heel)
40	Swivel to heel of left foot (toes pointing to the left), as you touch ball of right foot and point toes to the left (weight will be on left heel and right ball)

NOTE: Counts 35-40 progress to the right. Take small steps to maintain balance. May take lots of practice, especially if you are unfamiliar with "Dwight Yoakams"

DIAGONAL STEP TOUCHES

41	Step forward right on diagonal
42	Touch left together
43	Step forward left on diagonal
44	Touch right together
45	Step forward right on diagonal
46	Touch left together
47	Step forward left on diagonal
48	Touch right together

SHUFFLE BACK, SHUFFLE BACK, SHUFFLE WITH ½ TURN, SHUFFLE

49	Shuffle backward right
&	Shuffle backward left
50	Shuffle backward right
51	Shuffle backward left
&	Shuffle backward right
52	Shuffle backward left
53	Shuffle backward right, while beginning ½ turn to right
&	Shuffle in place left, continuing ½ turn to right
54	Shuffle forward right, completing ½ turn to right
55	Shuffle forward left
&	Shuffle forward right
56	Shuffle forward left

TOUCH, ¼ TURN, FOUR HEEL-TOE STRUTS

57	Touch ball of right foot forward (weight should stay on left foot)
58	Pivot ¼ left on both feet, with weight remaining on left
59	Step forward right heel
60	Snap right toe to floor
61	Step forward left heel
62	Snap left toe to floor
63	Step forward right heel
64	Snap right toe to floor
65	Step left heel forward
66	Snap left toe to floor

JAZZ BOX

67	Step right over left

68	Step left to left side
69	Step right to right side
70	Touch left together

REPEAT
VARIATION
Steps 13-16 can also be done as a quick heel hook, and a step forward

13	Touch left heel forward
&	Hook left over right in front
14	Step left forward
15	Touch right heel forward
&	Hook right over left in front
16	Step right forward