Albuquerque Express



拍數: 20 牆數: 4 級數: Beginner

編舞者: Randy Davis (USA) - April 1981

音樂: If It's the Last Thing I Do - Montgomery Gentry: (CD: You Do Thing)



The Dance will progress at the completion of each 20 counts to face a ¼ turn to left to begin the sequence again.

(1-4) TWO TRIPLES FORWARD

1&2 Step forward onto Right Foot (1), Step forward onto the ball of Left Foot next to Right (&),

Step forward onto Right Foot (2),

3&4 Step forward onto Left Foot (3), Step forward onto the ball of Right Foot next to Left (&), Step

forward onto Left Foot (4)

(5-8) TWO KICKS FORWARD & TWO STEPS BACK

1-4 Kick Right Foot out in front of you twice, (1-2) Step back onto Right Foot (3), Step back onto

Left Foot (4)

(9-10) TWO TOE TOUCHES IN BACK

1-2 Touch Right Toe behind you (1-2)

(11-14) TWO TRIPLES FORWARD

1&2 Step forward onto Right Foot (1), Step forward onto the ball of Left Foot next to Right (&),

Step forward onto Right Foot (2)

3&4 Step forward onto Left Foot (3), Step forward onto the ball of Right Foot next to Left (&), Step

forward onto Left Foot (4)

(15-18) FOUR COUNT KICK AROUND

1-2 Kick Right Foot out in front of you (1), Kick Right Foot out to the Right (2)

3-4 Bring Right Foot behind Left Calf (3), Touch Right Heel out to the Right (4)

(19-20) TOUCH AND 1/4 TURN

Touch Right Toe in front of Left Foot (1), Pivot on the balls of Both Feet a ¼ turn Left (&),

Shift weight onto Left Foot (2)

Begin again.