

My List

拍數: 48 牆數: 4 級數: Improver
編舞者: Lynn Gannon (UK) - June 2008
音樂: Pull My Chain - Toby Keith : (Album: My List)



WALK /SHUFFLE FWD/ROCK STEP/COASTER STEP.

1-2 Walk Fwd Right then Left
3&4 Shuffle Fwd R L R (12 o'clock)
5-6 Rock Fwd on Left back on Right
7&8 Step back on Left , step Right next to Left , Step Fwd on Left.

BOX STEP/STEP ¼ TURN CROSS SHUFFLE.

1-4 Cross Right over Left, step back on Left , step Right to Right side , step Fwd Left
5-6 Step Fwd Right , pivot ¼ turn Left
7&8 Cross Right over Left , step on ball of Left , cross Right over Left (9 o'clock)

SIDE TOG/CROSS SHUFFLE/ ¼ TURN LEFT/ KICK BALL STEP

1-2 Step Left to Left side , slide Right next to Left
3&4 Cross Left over Right , Step on ball of Right , cross Left over Right
5-6 Step back on Right ¼ turn Left , step Left next to Right
7&8 Kick Right , step on ball of Right , step Left next to Right (6 o'clock)

WALK/SHUFFLE FWD/WALK / ROCK ¼ TURN LEFT.

1-2 Walk Fwd Right then Left
3&4 Shuffle Fwd on R L R
5-6 Walk Fwd on Left then Right (3 o'clock)
7&8 Rock Fwd on Left , step on ball of Right , step Left ¼ turn Left .

CROSS HOLD/ CHASSE LEFT/ CROSS HOLD CHASSE LEFT

1-2 Cross Right over Left , Hold
3&4 Step Left to Left side , step on ball of Right , step Left to Left side
5-6 Cross Right over Left , Hold (3 o'clock)
7&8 Step Left to Left side , step on ball of Right , step Left to Left side.

BOX STEP/1/4 TURN STEP/STEP PIVOT ¼ TURN

1-4 Step Right over Left , step back on Left , step Right to Right side , step Fwd on Left
5-6 Step back on Right ¼ turn Left , step Left next to Right (9' oclock)
7-8 Step Fwd on Right , pivot ¼ turn Left .

Note ADD 2 HIP SWAYS RIGHT THEN LEFT AT THE END OF WALLS 1 AND 3 THEN 4 AT THE END OF WALL 4 RLRL

ALSO- ON WALL 2 LEAVE OUT STEPS 5-8 OF SECTION 5 THEN JUST CARRY ON THE DANCE