

Sag & Drag

拍數: 48 牆數: 2 級數: Easy Intermediate
編舞者: Margaret Murphy (AUS) - August 2009
音樂: Sag, Drag and Fall - Sid King & The Five Strings



(1-16) Right Toe Strut, Left Toe Strut Across, Step Right, Rock/Step

1,2,3,4 Right Toe/Heel strut to the right, Left Toe/Heel strut across right.
5,6,7,8 Step Right to Right, hold, rock/step back onto Left, replace weight onto Right
1,2,3,4 Left Toe/Heel strut, to the left, Right Toe/heel strut across left.
5,6,7,8 Step left to Left, hold, rock/step back onto right, replace weight onto left. (12.00)

(17 – 24) Four Turning Toe struts, Full Turn to the Right Travelling Forward

1,2 Turning $\frac{1}{4}$ to the right, toe strut,
3,4 Turning $\frac{1}{4}$ to the right toe strut
5,6 Turning $\frac{1}{4}$ to the right toe strut
7,8 Turning $\frac{1}{4}$ to the right toe strut (12.00)

(option: 4 toe struts forward)

(25 – 32) Right Charleston step, Left Charleston Step

1,2,3,4 Touch Right toe forward, hold, step right foot back, hold
5,6,7,8 Touch Left toe forward, hold, step left foot back, hold

(33 – 40) Stomp Right foot fwd, hold, $\frac{1}{4}$ turn Left, Stomp Right foot fwd hold $\frac{1}{4}$ turn Left

1,2,3,4 Stomp Right foot fwd, hold, swivel $\frac{1}{4}$ turn left.
5,6,7,8 Stomp right foot fwd, hold, swivel $\frac{1}{4}$ turn left. (6.00)

(41 – 48) Jump Forward, RL, Jump Back RL, Prissy Walks x 4

&1,2 Little jump forward, Right, Left.
&3,4 Little jumps back, Right, Left
5,6,7,8 Prissy walks forward four times, RLRL.

Repeat. And Have Fun.

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