

Koodepakaway

拍數: 64 牆數: 4 級數: Improver
編舞者: Ria Vos (NL) - October 2009
音樂: Mighty Koodepakaway - Rob Rio : (Album: Swingtrain)



Start on the word -In the...."VALLEY" right after the "mighty" intro

Out-Out, Step Back, Coaster Cross, R Point, Cross, L Point

1-2-3 Step Fwd and Out on R, Step Fwd and Out on L, Step R Back to Center
4&5 Step Back on L, Step R Next to L, Cross L Over R
6-7-8 Point R to Right Side, Cross R Over L, Point L to Left Side

Fwd Rock, Step Back, Coaster Rock, Rec, Rock Back, Rec.

1-2-3 Rock Fwd on L, Recover on R, Step Back on L
4& Step back on R, Step L Next to R
5-6 Rock Fwd on R, Recover on L
7-8 Rock back on R, Recover on L***Restart point on wall 5

Shuffle ½ Turn Left, Back Rock, Rec., ¼ Turn R, Kick-Ball-Step, Diag. Walk

1&2 Shuffle ½ Turn Left Stepping R, L, R
3-4 Rock back on L, Recover on R
5 Turn ¼ Right Step L to Left Side
6&7 Kick R Fwd to Right Diagonal, Step on Ball of R next to L, Step Fwd on L to Right Diagonal
8 Step Fwd on R to Right Diagonal

Crossing Toe Strut, Step Back, ¼ Turn L, Crossing Toe Strut, ¼ Turn R, ¼ Turn R

1-2 Touch L Toe Across R, Drop L heel
3-4 Step Back on R (Straighten up to 9:00 wall), Turn ¼ Left Step L to Left Side (6:00)
5-6 Touch R Toe Across L, Drop R Heel
7-8 Turn ¼ Right Step back on L, Turn ¼ Right Step R to Right Side

Cross Rock, Diag Back, Touch, Hold, Ball-Kick Kick, Side Rock

1-2 Rock L Over R, Recover on R
&3-4 Step L Small Step Back to L Diagonal, Touch R Next to L, Hold
&5-6 Step R Small Step to Right Side, Kick L Fwd to Right Diagonal Twice
7-8 Rock L to Left Side, Recover on R

Step Pivot ¾ Turn R, Vine ¼ Turn L, Step Pivot ¾ Turn L, Side

1-2 Step Fwd on L, Pivot ¾ Turn Right
3-4 Step L to Left Side, Step R Behind L
5 ¼ Turn L Step Fwd on L
6-7 Step Fwd on R, Pivot ¾ Turn Left
8 Step R to Right Side

Rock Back, Kick-Ball-Skate, Skate, Kick-Ball-Skate, Skate

1-2 Rock Back on L, Recover on R
3&4 Kick Fwd on L, Step on Ball of L Next to R, Skate R Fwd (slightly bending knees)
5 Skate Fwd on L (slightly bending knees)
6&7 (straighten knees) Kick R Fwd, Step on Ball of R Next to L, Skate Fwd on L (slightly bending knees)
8 Skate Fwd on R (slightly bending knees)

Fwd Rock, Triple ¾ Turn L, Fwd Rock, ¼ Turn R, Together

1-2 (straighten knees) Rock Fwd on L, Recover on R
3&4 Triple $\frac{3}{4}$ Turn Left Stepping L, R, L
5-6 Rock Fwd on R, Recover on L
7-8 Turn $\frac{1}{4}$ Right Step R to Right Side, Step L Next to R

Restart: On wall 5 after count 16 (12:00)
