Starting Point



拍數: 32 編數: 2 級數: Beginner

編舞者: Sue Marshall (UK) - October 2009

音樂: Get Into Reggae Cowboy - The Bellamy Brothers



TEACH TO: 'SHIPWRECKED' by Sunshine Cowboys on Line Dance Fever 6 (93 BPM) Alt.: 'BROWN EYED GIRL' by The Cheap Seats on Line Dance Fever 6 (104 BPM)

Also: 'HONEY HUSH' by Scooter Lee on CD 'The Best of Scooter Lee'

OR: 'HOG WILD' by Hank Williams Jnr

RIGHT POINTS OUT-IN, HEEL DIG, STEP LEFT POINTS OUT-IN, HEEL DIG, STEP

1 Point R toe to right side

2 Touch R toe next to L instep

3 Dig R heel forward

4 Step down on R foot next to L foot

5 Point L toe to left side

6 Touch L toe next to R instep

7 Dig L heel forward

8 Step down on L foot next to R foot

2 x WALKS FORWARD, ROCK FORWARD, RECOVER, 2 x WALKS BACK, ROCK BACK, RECOVER

1 Step forward on R

2 Step forward on L

3 Rock weight forward onto R pushing R hip forward

4 Recover weight back onto L

5 Step back on R6 Step back on L

7 Rock weight back onto R pushing R hip back

8 Recover weight forward onto L

2 x SIDE-CLOSE, SIDE SHUFFLE

Step R to right side
 Step L beside R

3&4 Step R to right side, step L next to R, step R to right side

Alternative steps for Absolute Beginner on counts 3,4

3,4 Step R to right side, touch L toe beside R foot

5 Step L to left side6 Step R beside L

7&8 Step L to left side, step R next to L, step L to left side

Alternative steps for Absolute Beginner on counts 7,8

7,8 Step L to left side, touch R toe beside L foot

WALK HALF TURN LEFT, RIGHT CHARLESTON STEP

1,2,3,4 Walk half turn semi-circle to left stepping R,L,R,L (6 o'clock)

Kick R foot forward
Step back on R
Point L toe back
Step forward on L

Alternative for Absolute Beginner RIGHT ROCKING CHAIR as below-

5 Rock weight forward onto R

6 Recover weight back onto L
7 Rock weight back onto R
8 Recover weight forward onto L

START AGAIN and SMILE!