

Nice Boots!

拍數: 32 牆數: 2 級數: Improver
編舞者: Sandra Speck (UK) - October 2010
音樂: These Boots Are Made for Walkin' - Nancy Sinatra : (CD: Essential Nancy Sinatra)



RIGHT STRUT, LEFT STRUT, ROCKING CHAIR

- 1 – 2 Step forward on right toe, drop heel to floor.
- 3 – 4 Step forward on left toe, drop heel to floor
- 5 – 6 Rock forward on to right foot, recover on to left
- 7 – 8 Rock back on to right foot, recover on to left

RIGHT STRUT, LEFT STRUT, FULL TURN (LEFT), RIGHT STRUT

- 1 – 2 Step forward on right toe, drop heel to floor.
- 3 – 4 Step forward on left toe, drop heel to floor
- 5 – 6 Make ½ turn left stepping back on right foot, make ½ turn left stepping forward on left foot
- 7 – 8 Step forward on right toe, drop heel to floor

Easier option for full turn (5 – 6) walk forward right left (knees slight bent.)

JAZZ BOX ¼ LEFT TOUCH, ½ MONTERAY RIGHT

- 1 – 2 Cross left foot over right foot, step back on right foot
- 3 – 4 Turn ¼ left stepping left to left side, touch right foot next to left.
- 5 – 6 Point right foot to right side, turn ½ turn right closing right foot next to left.
- 7 – 8 Point left foot to left side, close left foot next to right.

JAZZ BOX ¼ RIGHT, RIGHT LOCK, RIGHT LOCK.

- 1 – 2 Cross right foot over left, step back on left foot
- 3 – 4 Turn ¼ right stepping right to side, close left foot next to right.

***Re-start here every 4th wall, facing 12 o'clock**

- 5 – 6 Step forward on right foot, lock left foot behind right.
- 7 – 8 Step forward on right foot, lock left foot behind right.

Re-start:- Every time you dance the 4th wall you dance up to and including count 4 of the last section, and re-start the dance from the beginning.

You will be facing 12 o'clock.

HAVE FUN!

Contact: sandra.speck@btinternet.com