

Bread And Butter

拍數: 32 牆數: 4 級數: Improver
編舞者: Roz Morgan (USA) - November 2010
音樂: Shortenin' Bread - The Tractors



LINDY (SIDE TOGETHER SIDE), ROCK STEP, LINDY (SIDE TOGETHER SIDE), ROCK STEP

1&2 Traveling side right, shuffle right left right
3 Keeping right in place, step back on left
4 Rock forward onto right
5&6 Traveling side left, shuffle left right left
7 Keeping left in place, step back on right
8 Rock forward onto left

FORWARD SHUFFLE, ½ PIVOT, ½ TURN INTO TRIPLE, ROCK STEP

Counts 12, 13&14 complete a full turn, so keep it smooth

9&10 Shuffle forward right left right
11 Step forward on left
12 On ball of left, pivot ½ turn right (6:00), changing weight to right
13&14 Making ½ turn right (12:00), step (triple (shuffle) in place) left right left
15 Keeping left in place, step back on right
16 Rock forward onto left

RIGHT VINE, ¼ TURN INTO TRIPLE, ROCK STEP, ½ TURN INTO TRIPLE

17 Step right to right side
18 Step left behind right
19&20 Making ¼ turn right (3:00), triple (shuffle in place) right left right
21 Keeping right in place, step forward on left
22 Rock back onto right
23&24 Making ½ turn left (9:00), step (triple (shuffle) in place), left right left

HEEL TAP-TOE TOUCHES, TOE TOUCH INTO ½ TURN, TOE TOUCH

25 Tap (touch) right heel forward
26 Step right to center beside left
27 Touch left toe back
28 Step left to center beside right
29 Touch (point) right toe out to right side
30 On ball of left, make ½ turn right (3:00), stepping right beside left
31 Touch (point) left toe out to left side
32 Step left to center beside right

REPEAT
