

# Plastic

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: K - February 2012  
音樂: Gran ricetta per la plastica - Fraulein Rottenmeier : (Album: Elettronica Maccheronica)



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## WALKS, ¼ TURN, SIDE SHUFFLE, LOCK UNWIND,

1-2      Walk forward Rt, Lt,  
3      Pivot a ¼ turn Lt and rock Rt foot to Rt side,  
&      Rock weight onto Lt foot,  
4      Rt foot cross over Lt,  
5&6      Lt side shuffle,  
7-8      Rt foot cross behind Lt, unwind a ½ turn Rt,

## WALKS, ¼ TURN, SIDE SHUFFLE, LOCK UNWIND,

9-16      Reverse of 1-8 (starting with Lt foot and ending with ½ turn Lt, weight on Lt)

## ROCK, COASTER, ROCK, SHUFFLE,

17-18      Rt foot step forward, rock weight back onto Lt foot,  
19&20      Rt coaster step,  
21-22      Lt foot step forward, rock weight back onto Rt foot,  
23&24      Lt shuffle back,

## SIDE SWITCHES, STEP TURN HITCH, ROCKS AND LOCK,

25&26      Rt toe touch to Rt side, Rt step next to Lt, Lt toe touch to Lt side,  
&      Lt step next to Rt,  
27      Rt foot step forward,  
28      Hitch Lt knee up making a ½ turn Lt,  
29-30      Lt foot step back, rock weight forward onto Rt foot,  
31-32      Rock weight back onto Lt foot, lock Rt foot over the cross of Lt foot,

## UNWIND, STEP, SAILORS, WALKS STEP PIVOT, SHUFFLE

33      Unwind a full turn Lt,  
34      Lt step to Lt side,  
35&36      Rt sailor step,  
37&38      Lt sailor step,  
39&40      Rt sailor step,  
41-42      Walk forward Lt, Rt,  
43-44      Lt step forward, pivot a ½ turn Rt,  
45&46      Lt shuffle forward,

## TURN STEP, POP

&      Turn a ¼ turn and step Rt to side  
47      Lt toe touch next to Rt,  
48      Rt knee pop forward putting weight onto Lt.....

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