

Old School II

拍數: 32 牆數: 1 級數: Improver
編舞者: Jan Blakely (USA) - April 2012
音樂: Old School - Chuck Wicks



Intro: 4x8

R HEEL (fwd), R TOES (back), R HEEL (fwd)-R STEP (tog)- L TOES (back), L HEEL (fwd), L TOES (back), L HEEL (fwd)-L STEP (tog)-R TOES (back)

1-2 Touch RIGHT heel forward – Touch RIGHT toes back
3&4 Touch RIGHT heel forward - Step RIGHT foot beside left – Touch LEFT toes back
5-6 Touch LEFT heel forward – Touch LEFT toes back
7&8 Touch LEFT heel forward – Step LEFT foot beside right – Touch RIGHT toes back

R (fwd), PIVOT 1/4 wall (left), R-L-R KICK-BALL-CHANGE, R (fwd), PIVOT ¼ wall (left), R LONG STRIDE (fwd), L LONG STRIDE (fwd)

1-2 Step RIGHT foot forward – Pivot ¼-wall (left) onto LEFT foot
3&4 Kick RIGHT foot forward- Step on ball of RIGHT foot – Lift LEFT foot & step in-place
5-6 Step RIGHT foot forward- Pivot ¼ wall (left) onto LEFT foot
7-8 Long stride RIGHT foot forward – Long stride LEFT foot forward

R ROCK (fwd), L RECOVER, R-L-R COASTER (back), L ROCK (fwd), R RECOVER, L-R-L TRIPLE STEP ½ wall TURN (left)

1-2 Rock forward onto RIGHT foot – Recover back onto LEFT foot
3&4 Step RIGHT foot back – Step LEFT foot beside right – Step RIGHT forward
5-6 Rock forward onto LEFT foot – Recover back onto RIGHT foot
7&8 Step LEFT foot ¼ wall left – Step RIGHT foot beside left foot – Step LEFT foot ¼ wall left

R SKATE (fwd), L SKATE (fwd), R Ball (beside left), L STEP (in-place), Do the R BALL-L STEP AGAIN, (REPEAT all the first 4 counts of this section)

1-2 Skate RIGHT foot forward – Skate LEFT foot forward
&3&4 Ball of RIGHT foot beside left foot-Lift LEFT foot & step in-place / REPEAT
5-6 Skate RIGHT foot forward – Skate LEFT foot forward
&7&8 Ball of RIGHT foot – Lift LEFT foot / DO THAT AGAIN
