

Scrap Papers

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Betty Moses (USA) - September 2012
音樂: Scrap Piece of Paper - Paul Brandt



32 Count Intro

[1-8] WALK, WALK, ROCK/RECOVER, COASTER STEP, ¼ PIVOT

1-4 Walk forward right, left, rock forward on right, recover on left
5&6 Right coaster step
7-8 Step forward on left, pivot ¼ right

[9-16] CROSS ROCK/RECOVER, SIDE ROCK/RECOVER, WEAVE

1-2 Rock left over right, Recover weight back on right
3-4 Rock left to left side, Recover weight back on right
5-8 Weave left across right – right to side – left behind right – right to side

[17-24]HEEL SWITCHES, WALK FORWARD, PIVOT ½ TURN

1&2 Tap left heel forward, return left heel home & tap right heel forward
&3-4 Return right heel home, step left foot forward, step right foot forward
5-6 Pivot ½ turn left, step right forward
7-8 Pivot ½ left, step right forward

[25-32]TOE STRUTS, PIVOT ½ TURN

1-2 Step to left with left toe, flap left heel down (Hip Bumps)
3-4 Step to right with right toe, flap right heel down (Hip Bumps)
5-6 Step to left with left toe, flap left heel down (Hip Bumps)
7-8 Step forward on right, pivot ½ left

[33-40]R CROSSING SHUFFLE, SIDE ROCK/RECOVER, L CROSSING SHUFFLE, SIDE ROCK/RECOVER

1&2 Cross right over left, step left to side, cross right over left
3-4 Rock left to side, recover weight on right
5&6 Cross left over right, step right to side, cross left over right
7-8 Rock right to side, recover weight on left

[41-48]JUMP FORWARD, HOLD, JUMP BACK, HOLD, DOUBLE HIP BUMPS

&1-2 Jump forward (feet apart), hold
&3-4 Jump back (feet apart), hold
5&6 Lean to right double bumping hips
7&8 Lean to left double bumping hips (weight on left)

REPEAT

NO TAGS – NO RESTARTS

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