

Skips A Beat

拍數: 64 牆數: 4 級數: Improver
編舞者: Marie Sørensen (TUR) - May 2013
音樂: My Heart Skips a Beat - Dwight Yoakam : (Album: Dwight Sings Buck -
Legalsounds)



Intro: 20 Counts - No tags, no restart !

Step, Hold, Lock, Hold, Lock Step, Hold

1-2 Step right diagonal fwd. right, hold
3-4 Lock left behind right, hold
5-6 Step right diagonal fwd. right, lock left behind right
7-8 Step right diagonal fwd. right, hold (12:00)

Step, Hold, Lock, Hold, Lock Step, Hold

1-2 Step left diagonal fwd. left, hold
3-4 Lock right behind left, hold
5-6 Step left diagonal fwd. left, lock right behind left
7-8 Step left diagonal fwd. left, hold (12:00)

Cross Rock, Recover, Side, Hold, Cross Rock, Recover, ¼ Turn Left, Hold

1-2 Rock right over left, recover
3-4 Step right to right side, hold
5-6 Rock left over right, recover
7-8 ¼ turn left, step left to left side, hold (09:00)

Jazz Box, Cross, Point, Touch, Point, Hold

1-2 Cross right over left, step back on left
3-4 Step right beside left, cross left over right
5-6 Point right to right side, touch right beside left
7-8 Point right to right side, hold (09:00)

Jazz Box, Cross, Step, Hold, ¼ Turn, Hold

1-2 Cross right over left, step back on left
3-4 Step right beside left, cross left over right
5-6 Step fwd. Right, hold
7-8 ¼ turn left, step left to left side, hold (06:00)

Run Fwd. Right, Left, Right, Hitch, Run Back Left, Right, Left, Hitch

1-2 Run fwd. right, left
3-4 Run fwd. right, hitch left while you do a little jump on right
5-6 Run back left, right
7-8 Run back left, hitch right, while you do a little jump on left (06:00)

Back, Hitch, Back, Hitch, Coaster Step, Hold

1-2 Step back on right, hitch left
3-4 Step back on left, hitch right
5-6 Step back on right, step left beside right
7-8 Step fwd. Right, hold (06:00)

Step 1/4 Turn, Cross, Hold, Rock, Recover, Touch, Hold

1-2 Step fwd. Left, ¼ turn right (Weight on right)
3-4 Cross left over right, hold

5-6 Rock right to right side, recover
7-8 Touch right beside left, hold (09:00)

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