

Slow Boat

拍數: 64 牆數: 2 級數: Improver
編舞者: Regina Turnbull (AUS) - August 2009
音樂: Slow Boat To China - Bette Midler : (Album: Greatest Hits)



Original Position: Feet Together Weight On The Left Foot.

This Dance Is Done In TWO Directions. Introduction : 48 Beats

Vine Right & Touch, Vine Left & Touch

1, 2 Vine : Step R To The Side, Step L Behind Right,
3, 4 Step R To The Side, Touch L Together,
5, 6 Vine : Step L To The Side, Step R Behind Left,
7, 8 Step L To The Side, Touch R Together.

Forward, Touch, Back, Touch, Back, Touch, Forward, Touch

1, 2 Step R Forward At 45° Right, Touch L Together & Clap,
3, 4 Step L Back To Centre, Touch R Together & Clap,
5, 6 Step R Back At 45° Right, Touch L Together & Clap,
7, 8 Step L Forward At Centre, Touch R Together & Clap.##

Back, Back, Back, Hitch, Forward, Forward, Forward, Touch

1, 2 Step R Back, Step L Back,
3, 4 Step R Back, Hitch L,
5, 6 Step L Forward, Step R Forward,
7, 8 Step L Forward, Touch R Together.

Heel, Together, Heel, Together, Heel Split, Heel Split

1, 2 Touch R Heel Forward At 45° Right, Step R Together,
3, 4 Touch L Heel Forward At 45° Left, Step L Together,
5, 6 Split Both Heels Apart, Bring Both Heels Together,
7, 8 Split Both Heels Apart, Bring Both Heels Together.

Vine Right & Touch, Vine Left ¼ Turn & Touch

1, 2 Vine : Step R To The Side, Step L Behind Right,
3, 4 Step R To The Side, Touch L Together,
5, 6 Vine : Step L To The Side, Step R Behind Left,
7, 8 Turn 90° Left Step L Forward, Touch R Together.

Hip, Hip, Hip, Hip, Vine Right & Touch

1, 2 Step R To The Side Push Hips Right, Push Hips Left,
3, 4 Push Hips Right, Push Hips Left,
5, 6 Vine : Step R To The Side, Step L Behind Right,
7, 8 Step R To The Side, Touch L Together.

Vine Left ¼ Turn & Touch, Hip, Hip, Hip, Hip

1, 2 Vine : Step L To The Side, Step R Behind Left,
3, 4 Turn 90° Left Step L Forward, Touch R Together,
5, 6 Step R To The Side Push Hips Right, Push Hips Left,
7, 8 Push Hips Right, Push Hips Left.

"V" Step, "V" Step

1, 2 Step R Forward At 45° Right, Step L To The Side,

3, 4 Step R Back To Centre, Step L Together,
5, 6 Step R Forward At 45° Right, Step L To The Side,
7, 8 Step R Back To Centre, Step L Together.

[64] Repeat The Dance In New Direction

RESTART : On WALL 3 Dance To BEAT 16 (##) Then Restart Facing The FRONT.

Contact: www.dancewithgordon.com - © G.T.ELLIOTT. (02) 9550-6789
