

# Ball Cap

拍數: 32      牆數: 4      級數: Improver  
編舞者: Daniel Trepát (NL) & Roy Verdonk (NL) - December 2013  
音樂: Ball Cap - Glen Templeton



Intro: 20 counts from first beat in music (app. 12 sec. into track).

Extra: This dance is choreographed at the Eagle dance Event!

## [1 – 8] Tap 2x R, Coasterstep, Rockstep, ¼ turn L, Shuffle L

1 – 2      Tap R forward (1), Tap R again (2) 12:00  
3&4      Step R back (3), Step L next to R (&), Step R forward (4) 12:00  
5 – 6      Rock L forward (5), ¼ turn L recovering on R (6) 9:00  
7&8      Step L to L side (7), Step R next to L (&), Step L to L side (8) 9:00

## [9 – 16] Syncopated jumping Rocks, ¾ turn L, Scissorstep

1&2      Jump on R in a cross rock (1), Recover on L (&), Jump on R flicking L in front of R knee (2) 9:00  
3&4      Jump L to L side & kicking R diagonal (3), Step R next L (&), Cross L over R (4) 9:00  
5 – 6      ¼ turn L stepping R back (5), ½ turn L stepping L forward (6) 12:00  
7&8      Step R to R side (7), Step L next to R (&), Cross R over L (8) 12:00

## [17 – 24] Rockstep, Cross shuffle, 2x ¼ turn L, Shuffle ¾ turn L

1 – 2      Rock L to L side (1), Recover on R (2) 12:00  
3&4      Cross L over R (3), Step R close to L (&), Cross L over R (4) 12:00  
5 – 6      ¼ turn L stepping R back (5), ¼ turn L stepping L forward (6) 3:00  
7&8&      ¼ turn L stepping R to R side (7), ¼ turn L crossing L over R (&), Step R back (8), ¼ turn L (&) 9:00

## [25 – 32] Rockstep, Cross shuffle, Sweep with ¼ turn L, Coasterstep

1 – 2      Rock L to L side (1), Recover on R (2) 9:00  
3&4      Cross L over R (3), Step R close to L (&), Cross L over R (4) 9:00  
5 – 6      ¼ turn stepping R back & sweeping L from front to back (5), Finish sweep (6) 9:00  
7&8      Step L back (7), Step R next L (&), Step L forward (8) 9:00

Begin again!

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