

Springsteen

拍數: 32 牆數: 2 級數: Beginner WCS
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音樂: Springsteen - Eric Church : (iTunes)



Intro : 16 counts

[1 - 8] HEEL HOOK HEEL FLICK HEEL HOOK HEEL, RIGHT SHUFFLE, ROCK STEP BACK

1 & 2 Right heel fwd – right hook cross over left – right heel fwd
&3 Right hook towards the outside - right heel fwd
&4 Right hook cross over left – right heel fwd
5 & 6 Step right to right – Left next to right – step right to right
7 - 8 Rock left back – recover on right

[9 – 16] HEEL HOOK HEEL FLICK HEEL HOOK HEEL, LEFT SHUFFLE, ROCK STEP BACK

1 & 2 Left heel fwd – left hook cross over right – left heel fwd
&3 Left hook towards the outside – left heel fwd
&4 Left hook cross over right – left heel fwd
5 & 6 Step left to left – Right next to left – step left to left
7 - 8 Rock back right – Recover on left

[17 - 24] SHUFFLE RIGHT FWD, ROCK STEP FWD, ½ TURN L AND SHUFFLE L FWD, TOE STRUT BACK WITH ½ TURN RIGHT

1 & 2 Step right fwd – Left next to right – Step right fwd
3 - 4 Rock left fwd – Recover on right
5 & 6 ½ turn left and step left fwd – Right next to left – Step left fwd 6.00
7 - 8 Right toe back - ½ turn right and lower right heel 12.00

[25 - 32] SHUFFLE LEFT FWD, STEP ¼ TURN LEFT (X 2) , HEEL AND TOE SWITCHES

1 & 2 Left step fwd – right next to left – left step fwd
3 - 4 Right step fwd - ¼ turn left (weight on left foot)
5 - 6 Right step fwd - ¼ turn left (weight on left foot) 6.00
7 & Right heel fwd – right next to left
8 & Left toe back – left next to right

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