

# Six Pack

拍數: 64      牆數: 2      級數: Improver  
編舞者: Cassey Rowe (UK) - April 2014  
音樂: Six Pack - Gary Ray



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## Heel, hook, step, flick, back, lock, back, hold

1-4            Right heel tap forward, Right hook in front of Left shin, Right step forward, Left flick up behind right  
5-8            Left step back, Right step back lock over Left, Left step back, hold

## Full Turn R, hold, fwd, lock, fwd, hold

9-12           Full turn R R,L,R, hold (Easier option Right Coaster) (12.00)  
13-16          Left step forward, Right step lock behind Left, Left step forward, hold\*\*\*\*\*

## 1/4 turn L, tap, 1/4 turn L, tap, side, hold, back rock

17-18          Right step to side with 1/4 turn L, Left tap next to Right (9.00)  
19-20          Left step to side with 1/4 turn L, Right tap next to Left (6.00)  
21-24          Right step to side, hold, Left back rock, recover

## Side, tog, Side, hold, Fwd rock, recover, back strut

25-28          Left step to side, Right step next to Left, Left step forward, hold  
29-30          Right step forward, recover onto Left  
31-32          Right toe back, lower Right heel

## Back strut, back strut, back, back, forward, hold

33-34          Left toe back, lower Left heel  
35-36          Right toe back, lower Right heel  
37-40          Left step back, Right step next to Left, Left step forward, hold

## Fwd, hook, back, hook, fwd, lock, fwd, hold

41-44          Right step forward, hook Left behind Right, Left step back, Right hook in front of Left  
45-48          Right step forward, Left step lock behind Right, Right step forward, hold

## Fwd 1/2 turn R, fwd 1/2 turn R, side, tog, fwd, hold

49-52          Left step forward, pivot 1/2 turn Right (12.00), Left step forward, pivot 1/2 Right (6.00)  
(Easier option: Rocking Chair)  
53-56          Left step to side, Right step next to Left, Left step forward, hold

## Side, tog, back, hold, back, back, fwd, hold

56-59          Right step to side, Left step next to right, Right step back, hold  
60-64          Left step back, Right step next to Left, Left step forward, hold

\*\*\*\*\*RESTART After count 16 on WALLS 4 and 8

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