

Back and Forth

拍數: 32 牆數: 4 級數: Improver
編舞者: Sue Smyth (UK) - August 2014
音樂: Walkin' the Floor Over Me - Alan Jackson



Intro: 16 counts

Right Heel Strut, Left Heel Strut, Right Lock Right, Left Heel Strut Right Heel Strut, Left Lock Left

1&2& Step Right Heel Fwd, Step Weight On Right, Step Left Heel Fwd, Step Weight On Left
3&4 Step Fwd On Right, Lock Left Behind Right, Step Fwd On Right
5&6& Step Left Heel Fwd, Step Weight On Left, Step Right Heel Fwd, Step Weight On Right
7&8 Step Fwd On Left, Lock Right Behind Left, Step Fwd On Left

Right Mambo Fwd, Step Back Hitch, Back Hitch, Back Hitch, Left Coaster Step, Step ¼ Turn Cross

1&2& Rock Fwd On Right, Rec On Left, Step Back On Right, Hitch Left Leg
3&4& Step Back On Left, Hitch Right Leg, Step Back On Right, Hitch Left Leg
5&6 Step Back On Left, Step Right Beside Left, Step Fwd On Left
7&8 Step Fwd On Right, Make ¼ Turn Left Placing Weight On Left, Cross Right Over Left

Left Scissors Cross, Right Scissor Cross, Side Tog Fwd, Walk Fwd Right, Left

1&2 Step Left To Left Side, Step Right Beside Left, Cross Left Over Right,
3&4 Step Right To Right Side, Step Left Beside Right, Cross Right Over Left
5&6& Step Left To Left Side, Step Right Beside Left, Step Fwd On Left, Scuff Right Foot Fwd
7&8& Step Fwd On Right, Clap, Step Fwd On Left, Clap

Right Mambo ½ Turn, Triple ½ Turn, Right Lock Back, Left Coaster Step

1&2 Rock Fwd On Right, Rec On Left ½ Turn Right Stepping Fwd On Right
3&4 Shuffle ½ Turn Right On The Spot (Triple Turn) L R L,
5&6 Step Back On Right, Lock Left Infront Of Right, Step Back On Right,
7&8 Step Back On Left, Step Right Beside Left, Step Fwd On Left

Ending : You Will Be Facing 6 O'clock On Sec 2 Wall 7---- 7&8-- Instead Of Doing A Step ¼ Turn, Do A Step ½ Turn To Face 12 O'clock

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