

Plastic

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: K - February 2012

Musik: Gran ricetta per la plastica - Fraulein Rottenmeier : (Album: Elettronica Maccheronica)



WALKS, ¼ TURN, SIDE SHUFFLE, LOCK UNWIND,

- 1-2 Walk forward Rt, Lt,
- 3 Pivot a ¼ turn Lt and rock Rt foot to Rt side,
- & Rock weight onto Lt foot,
- 4 Rt foot cross over Lt,
- 5&6 Lt side shuffle,
- 7-8 Rt foot cross behind Lt, unwind a ½ turn Rt,

WALKS, ¼ TURN, SIDE SHUFFLE, LOCK UNWIND,

- 9-16 Reverse of 1-8 (starting with Lt foot and ending with ½ turn Lt, weight on Lt)

ROCK, COASTER, ROCK, SHUFFLE,

- 17-18 Rt foot step forward, rock weight back onto Lt foot,
- 19&20 Rt coaster step,
- 21-22 Lt foot step forward, rock weight back onto Rt foot,
- 23&24 Lt shuffle back,

SIDE SWITCHES, STEP TURN HITCH, ROCKS AND LOCK,

- 25&26 Rt toe touch to Rt side, Rt step next to Lt, Lt toe touch to Lt side,
- & Lt step next to Rt,
- 27 Rt foot step forward,
- 28 Hitch Lt knee up making a ½ turn Lt,
- 29-30 Lt foot step back, rock weight forward onto Rt foot,
- 31-32 Rock weight back onto Lt foot, lock Rt foot over the cross of Lt foot,

UNWIND, STEP, SAILORS, WALKS STEP PIVOT, SHUFFLE

- 33 Unwind a full turn Lt,
- 34 Lt step to Lt side,
- 35&36 Rt sailor step,
- 37&38 Lt sailor step,
- 39&40 Rt sailor step,
- 41-42 Walk forward Lt, Rt,
- 43-44 Lt step forward, pivot a ½ turn Rt,
- 45&46 Lt shuffle forward,

TURN STEP, POP

- & Turn a ¼ turn and step Rt to side
 - 47 Lt toe touch next to Rt,
 - 48 Rt knee pop forward putting weight onto Lt.....
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