Put On Your Dancin' Boots (穿上妳的舞鞋) (zh)

拍数: 32 **墙数:** 4 **级数:** Improver

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音乐: Put On Your Dancin' Boots - Nancy Hays : (CD: Get In Line)

前奏： 2 X 8 拍　16拍後起跳

第一段　2 TOE STRUTS RIGHT, SCISSORS RIGHT, HOLD
右趾踵步二次, 右剪刀步, 候

1-2 (S) Place toe of right foot to right side, drop right heel
右足趾右點, 右足踵踏

3-4 (S) Place toe of left foot across in front of right, drop left heel
左足趾於右足前點, 左足踵踏

5-8 (QQS) Step right foot to right side, step together with left, step right foot across in front of left, hold
右足右踏, 左足併踏, 右足於左足交叉踏, 候

第二段　2 TOE STRUTS LEFT, SCISSORS LEFT, HOLD
左趾踵步二次, 左剪刀步, 候

1-2 (S) Place toe of left foot to left side, drop left heel
左足趾右點, 左足踵踏

3-4 (S) Place toe of right foot across in front of left, drop right heel
右足趾於右足前點, 右足踵踏

5-8 (QQS) Step left foot to left side, step together with right, step left foot across in front of right, hold
左足左踏, 右足併踏, 左足於右足交叉踏, 候

第三段　REVERSE BOX -- SIDE, TOGETHER, BACK, HOLD, SIDE, TOGETHER, FORWARD, HOLD
反方向方塊—側, 併, 後, 候, 側, 併, 前, 候

1-2 (QQ) Step right foot to right side, step together with left
右足右踏, 左足併踏

3-4 (S) Step back with right foot, hold
右足後踏, 候

5-6 (QQ) Step left foot to left side, step together with right
左足左踏, 右足併踏

7-8 (S) Step forward with left foot, hold
左足前踏, 候

第四段　STEP, HOLD, ½ TURN LEFT, STEP, HOLD, ¼ TURN LEFT, HOLD
踏, 候, 左轉1/2, 踏, 候, 左轉1/4, 候

1-2 (S) Step forward with right foot, hold
右足前踏, 候

3-4 (S) Turn ½ left shifting weight forward to left foot, hold
左轉180度左足前踏, 候

5-6 (S) Step forward with right foot, hold
右足前踏, 候

7-8 (S) Turn ¼ left shifting weight to left foot, hold
左轉90度左足踏, 候