Lesson To Learn

拍数: 32　　　　**墙数:** 1　　　　**级数:** Absolute Beginner
编舞者: Sherri Busser (USA) - January 2016
音乐: Memories to Burn - Teea Goans : (Slow)

OR~; Memories to Burn by Gene Watson (slightly faster)

Instructor's Notes: I wrote this as a teaching dance using a variety of easy steps and
patterns, straight rhythm and no syncopations; taking up a small area of dance floor and to be used as a floor
split for many dances.
See alternate music suggestions below.

Intro: 16 counts, (start on vocals), feet in 1st position, weight on L.

A[1-8]: Toe Fans
1-4	With R heel resting on floor, fan R toes out, in, out, in, taking weight onto R on count 4
5-8	With L heel resting on floor, fan L toes out, in, out, in, taking weight onto L on count 8

B[1-8]: Toe Struts, Heel Splits
1-4	Place R toe forward, drop heel down changing weight , Place L toe next to R foot, drop heel down changing weight
5-8	With weight on balls of feet fan heels out, in, out, in taking weight on L on count 8

C[1-8]: Back Toe Struts, Toe Splits
1-4	Place R toes back, drop heel down taking weight, Place L toes back next to R, drop heel down taking weight
5-8	With weight on heels fan toes out, in, out, in taking weight on L

D[1-8]: Step, Kick x 2, Step,Touch/Stomp, Step, Stomp
1-4	Step R to side, kick L diagonally fwd across R (low kick) Step L to side, kick R diagonally fwd across L(low kick)
5-8	Step R to side, stomp up (or touch) L next to R, step L to side, stomp R next to L, ending weight even.

Options: To make this a 4 wall dance modify the fourth set as follows:
7-8	Turn left 1/4 [9] stepping L to side, stomp R next to L, ending weight even.

NO TAGS, NO RESTARTS.

Alternate music: Sugar Sugar by the Archies, Runaround Sue by Del
Shannon, Travelin' Man by Ricky Nelson, All About the Bass by
Meghan Trainor, Lips Are Movin by Meghan Trainor, Better When Im'
Dancin' by Meghan Trainor, It's Alright To Be a Redneck by Alan Jackson,
Linda Lou by The Tractors
Many thanks to Lisa McCammon for alternate music suggestions and proof-reading!