

Pants

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Brenna Stith (USA) - February 2017
音乐: Pants - Walker Hayes : (3:39)



#32 count intro

ROCK RECOVER, BACK STEP, DRAG, HIP ROLLS X2, KICK BALL CROSS

- 1 2 Rock fwd on L, Recover onto R (12:00)
3 4 Long step back on L, Drag R to L (12:00)
5 6 Rolls hips R as you step R to side (12:00)
7 8 & 1 Rolls hips L as you step L to side, Kick R fwd towards the diagonal, Step R beside L, Cross L over R (12:00)

¼ TURN, SAILOR STEP, SKATE X2, SHUFFLE

- 2 Make a ¼ turn L stepping back on R (9:00)
3 & 4 Step L behind R, Step R to side, Step L fwd (9:00)
5 6 Skate fwd R, L (9:00)
7 & 8 Step fwd R, Step L next to R, Step fwd R (9:00)

ROCK RECOVER, ½ TURN, ¼ TURN, SAILOR STEP, SAILOR ½ TURN

- 1 2 Rock fwd on L, Recover onto R (9:00)
3 4 Make a ½ turn L stepping fwd on L, Make a ¼ turn L stepping R to side (12:00)
5 & 6 Step L behind R, Step R to side, Step L fwd (12:00)
7 & 8 Step R behind L, Make a ¼ turn R stepping L beside R, Make a ¼ turn R crossing R over L (6:00)

SIDE ROCK RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK RECOVER, BEHIND, SIDE, ¼ TURN

- 1 2 Rock L to side, Recover onto R (6:00)
3 & 4 Step L behind R, Step R to side, Cross L over R (6:00)
5 6 Rock R to side, Recover onto L (6:00)
7 & 8 Step R behind L, Step L to side, Make a ¼ turn L stepping fwd on R (3:00)

Restart: Happens during the 4th wall. You dance up to count 16 (after the shuffle forward). You will Restart to the 6 o'clock wall.

Tag: 8 counts (After the 6th wall. Facing 12:00)

ROCK RECOVER, AND ROCK RECOVER, AND PIVOT ½ TURN, PIVOT ½ TURN

- 1 2 & Rock fwd on L, Recover onto R, Step L beside R (12:00)
3 4 & Rock fwd on R, Recover onto L, Step R beside L (12:00)
5 6 Step fwd L, Make a ½ turn R placing weight onto R (12:00)
7 8 Step fwd L, Make a ½ turn R placing weight onto R (12:00)

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Last Update – 23rd March 2017