

60 Years (For Eike)

拍数: 64 墙数: 4 级数: Improver
编舞者: Silvia Schill (DE) - November 2019
音乐: Trashy Women - Confederate Railroad



The dance begins after 16 beats with the vocals

S1: Toe Strut Side, ½ Turn R/Toe Strut Side, ½ Turn L/Point, Touch, Side, Touch

- 1-2 Step with RF to right, only put on the toe - right heel set down
- 3-4 ½ turn right around and step with LF to left, only put on the toe - left heel set down (6 o'clock)
- 5-6 ½ turn left around and touch right toe to right - touch RF beside LF (12 o'clock)
- 7-8 Step with RF to right - touch LF beside RF

S2: Toe Strut Side, ½ Turn L/Toe Strut Side, ½ Turn R/Point, Touch, Side, Touch

- 1-2 Step with LF to left, only put on the toe - left heel set down
- 3-4 ½ turn left around and step with RF to right, only put on the toe - right heel set down (6 o'clock)
- 5-6 ½ turn right around and touch left toe to left - touch LF beside RF (12 o'clock)
- 7-8 Step with LF to left - touch RF beside LF

S3: Chassé, Rock Back R + L

- 1&2 Step with RF to right - LF beside RF and step with RF to right
- 3-4 Step back with LF - weight back on RF
- 5&6 Step with LF to left - RF beside LF and step with LF to left
- 7-8 Step back with RF - weight back on LF

S4: ¼ Turn R, Touch, ¼ Turn L, Touch, ¼ Turn R, Kick, Back, Touch

- 1-2 ¼ turn right around and step forward with RF - touch LF beside RF (3 o'clock)
- 3-4 ¼ turn left around and step with LF to left - touch RF beside LF (clap with your left hand on the left half of the pole) (12 o'clock)
- 5-6 ¼ turn right around and step forward with RF - kick left foot forward (3 o'clock)
- 7-8 Step back with LF - touch RF beside LF

(Restart: In the 5th lap - direction 3 o'clock - stop here and start again)

S5: Side, Close, Side, Lift Behind, Vine L with Scuff

- 1-2 Step with RF to right - LF beside RF
- 3-4 Step with RF to right - lift LF behind right leg
- 5-6 Step with LF to left - cross right behind left.
- 7-8 Step with LF to left - swing right foot forward, let heel drag to floor

S6: Jazz Box with Hitch, Jazz Box with Touch

- 1-2 RF cross over LF - step back with LF
- 3-4 Step with RF to right - raise left knee over right (with small jumper)
- 5-6 LF cross over RF - step back with RF
- 7-8 Step with LF to left - touch RF beside LF

S7: Step, Pivot ½ L, Step, Clap, Step, Pivot ½ R, Step, Clap

- 1-2 Step forward with RF - ½ turn left around on both bales, weight at end on LF (9 o'clock)
- 3-4 Step forward with RF - clap
- 5-6 Step forward with LF - ½ turn right around on both bales, weight at end on RF (3 o'clock)
- 7-8 Step forward with LF - clap

S8: Walk 3, Kick, Back 3, Touch

1-4 3 steps forward, roll the leading knee outwards (R - L- R) - left foot kick forward
5-8 3 steps backwards (L - R - L) - touch RF beside LF

Repeat to the end

And don't forget to smile, because dancing is fun!

There is no guarantee for errors in the translation, content, spelling, etc.!

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