

Stretchy Pants

拍数: 32 墙数: 2 级数: Improver
编舞者: Lynne Hoover (USA) - November 2024
音乐: Stretchy Pants - Carrie Underwood



Intro: 16 counts - No tags, no restarts

SIDE ROCK, CROSSING SHUFFLE, SIDE ROCK, CROSSING SHUFFLE

1-2	Rock to R side, recover on to L
3&4	Cross R over L shuffle RLR
5-6	Rock to L side, recover on to R
7&8	Cross L over R shuffle LRL

FORWARD ROCK, FULL TURN SHUFFLE, FORWARD ROCK, SHUFFLE ½ TURN LEFT

1-2	Rock forward on R, recover on to L
3&4	Shuffle RLR making full turn to R
5-6	Rock fwd on L, recover on to R
7&8	Shuffle LRL making ½ turn to L

CROSS WALKS (Sassy Walks), MAMBO RIGHT, MAMBO LEFT

1-4	Cross R over L, cross L over R, cross R over L, cross L over R (bend knees slightly)
5&6	Step out to R, step on L, step R next to L
7&8	Step out to L, step on R, step L next to R

JAZZ BOX, BACK DRAG x2

1-2	Cross R over L, step back on L
3-4	Step on R, step on L
5-6	Step back on R, drag L next to R taking weight on L
7-8	Step back on R, drag L next to R taking weight on L

Last Update: 12 Nov 2024
