

Kansas No More

拍数: 64 墙数: 4 级数: Advanced
编舞者: Darren Mitchell (AUS)
音乐: You're Not In Kansas Anymore - Jo Dee Messina



TOUCH & TOUCH & ROCK, ROCK, ROCK BACK, ROCK FORWARD, SHUFFLE FORWARD

1&2 Touch left toe to the side, step left next to right, touch right toe to the side
&3-4 Step right next to left, rock left to the side, rock onto right
5-6 Step back on left, rock forward on right
7&8 Shuffle forward: left-right-left

TOUCH & TOUCH & ROCK, ROCK, ROCK BACK, ROCK FORWARD, SHUFFLE FORWARD

1&2 Touch right toe to the side, step right next to left, touch left toe to the side
&3-4 Step left next to right, rock right to the side, rock onto left
5-6 Step back on right, rock forward on left
7&8 Shuffle forward: right-left-right

ROCK FORWARD, ROCK BACK, ½ TURN SHUFFLE, FULL TURN, FULL TURN SHUFFLE

1-2 Step forward on left, rock back onto right
3&4 Turning ½ turn left, shuffle slightly forward left-right-left
5-6 Step right back into ½ turn left, step left back into ½ turn left
7&8 Turning full turn left, shuffle right-left-right. (easier option forward shuffle right-left-right)

STEP-LOCK- HOP, SHUFFLE, STEP-LOCK- HOP, SHUFFLE

1-2& Step left forward at 45 degrees left, lock right behind left, hop onto left
3&4 Shuffle forward at 45 degrees right - right-left-right
5-6& Step left forward at 45 degrees left, lock right behind left, hop onto left
7&8 Shuffle forward at 45 degrees right - right-left-right

SLIDE, SLIDE, SHUFFLE FORWARD, ROCK FORWARD, ROCK BACK, ¼ TURN SHUFFLE

1-2 Slide left forward, slide right forward
3&4 Shuffle forward: left-right-left
5-6 Rock forward on right, rock back on left
7&8 Turning ¼ turn right, side shuffle: right-left-right

SLIDE, SLIDE, SHUFFLE FORWARD, STEP-LOCK-HOP, SHUFFLE

1-2 Slide left forward, slide right forward
3&4 Shuffle forward: left-right-left
5-6& Step right forward at 45 degrees right, lock left behind right, hop onto right
7&8 Shuffle forward at 45 degrees left - left-right-left

STEP-LOCK-HOP, SHUFFLE, ROCK FORWARD, ROCK BACK, ½ TURN SHUFFLE

1-2& Step right forward at 45 degrees right, lock left behind right, hop onto right
3&4 Shuffle forward at 45 degrees left - left-right-left
5-6 Rock forward onto right, rock back onto left
7&8 Turning ½ turn right, shuffle forward right-left-right

¼ TURN, BEHIND, ¼ TURN SHUFFLE, ¼ TURN, BEHIND, SHUFFLE

1-2 Step left ¼ turn right, step right behind left
3&4 Turning ¼ turn left, shuffle forward: left-right-left
5-6 Step right ¼ turn left, step left behind right

7&8

Turning $\frac{1}{4}$ turn right, shuffle forward: right-left-right

REPEAT
