

Legless

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Steve Yoxall (UK)
音乐: Too Much Drink (Not Enough Sleep) - The Fantastic Shakers



SWITCH KICKS

- 1 Kick left foot across front of right leg towards right diagonal (toe pointed down)
- & Step left beside right
- 2 Kick right foot across front of left leg towards left diagonal (toe pointed down)
- & Step right beside left
- 3-4 Kick left foot across front of right leg towards right diagonal twice (toe pointed down)
- & Step left beside right
- 5 Kick right foot across front of left leg towards left diagonal (toe pointed down)
- & Step right beside left
- 6 Kick left foot across front of right leg towards right diagonal (toe pointed down)
- & Step left beside right
- 7-8 Kick right foot across front of left leg towards left diagonal twice (toe pointed down)

SAILOR SHUFFLES RIGHT AND LEFT; TOE BACK; ½ TURN; KICK BALL STEP

- 1&2 Cross right behind left, step left to left side, step right slightly forward
- 3&4 Cross left behind right, step right to right side, step left slightly forward
- 5 Point right toe back keeping weight on left foot
- 6 Pivot ½ turn right (weight remains on left)
- 7&8 Kick right foot forward, step on to right, step left forward

KICK BALL TOUCH; KNEE TURN; KICK; TOE BACK; ¾ TURN; SHUFFLE

- 1&2 Kick right forward, step on to right, touch left toe beside right foot (bend left knee)
- 3 With left toe on floor and knee bent turn left knee ninety degrees to left keeping right foot in place and weight on right (turn head to left at same time)

Left knee is facing 3:00, right foot is facing 6:00

- 4 Kick left foot forward towards 3:00 (toe pointed down) (right foot remains at 6:00)
- 5 Point left toe back (9:00) (weight remains on right)
- 6 Using left toe for balance pivot ¾ turn left on right heel ending with weight on right foot and with left toe only touching floor and left knee bent (9:00)
- &7&8 Lift left foot slightly, left step forward, right close to left, left step forward

CHASSE RIGHT; CROSS ROCK; RECOVER; CHASSE LEFT; CROSS; UNWIND ¾

- 1&2 Right to right side, left close to right, right to right side
- 3-4 Cross rock left over right, recover weight back on to left
- 5&6 Left to left side, right close to left, left to left side
- 7-8 Cross right over left, unwind ¾ turn left (weight on left)

POINT; HOLD; POINT; HOLD; SWITCHES; KNEE HITCH/POINT

- 1-2 Point right toe out to right side, hold
- &3-4 Step right beside left, point left toe out to left side, hold
- &5& Step left beside right, point right toe out to right side, step right beside left
- 6& Point left toe out to left side, step left beside right
- 7& Point right toe out to right side, hitch right knee across front of left leg
- 8 Point right toe out to right side

TOE BACK; ½ TURN; TOE FORWARD; ½ TURN; COASTER; LIFT & ¼ TURN TWICE

- 1 Point right toe back
- 2 Make ½ turn right transferring weight to right
- 3 Step forward left
- 4 Pivot ½ turn right (weight on left)
- 5&6 Right foot step back, left close beside right, right step forward
- & Keeping weight on right, hitch left foot behind right knee pointing toe down
- 7 Pivoting ¼ turn right on right touch left toe out to left side
- & Keeping weight on right, hitch left foot behind right knee pointing toe down
- 8 Pivoting ¼ turn right on right touch left toe out to left side (all weight on right)

REPEAT
