L.G. Legacy

拍数: 56   墙数: 0   级数:

编舞者: Deb Crew (CAN)

音乐: Shake the Sugar Tree - Pam Tillis

½ VINE, BALL-CROSS; ½ VINE, BALL-CROSS

1-2	Step side right on right, step left behind right
&3	Step side right, step left over right (weight on left)
4-5	Step side right, step left behind right
&6	Step side right, step left over right (weight on left)

MONTEREY TURN

7	Point the right to the right side
8	½ pivot right on the ball of left foot, stepping right beside left on completion of ½ turn
9-10	Point the left to the side, step left together with right (weight on left)
11-20	Repeat steps 1 through 10

TOE BACK, HEEL FORWARD, TOUCH ACROSS, ¼ TURN & KICK

21-22	Touch right toe back, touch right heel forward
23-24	Touch right toe across left, ¼ pivot left off left foot, kicking right foot forward as you pivot (weight on left)

SHUFFLE BACK, ROCK-STEP

25&26	One shuffle backwards: right left right
27-28	Rock back on left, step in place on right

STEP-TOUCH; STEP-TOUCH; STEP-TOUCH; STEP-ACROSS, ½ TURN

29-30	Step forward on left, point the right to the side
31-32	Step forward on right, point the left to the side
33-34	Step forward on left, point right to the side
35-36	Cross right over left, unwind by ½ turning to left (weight on left)

RIGHT ROLLING VINE; LEFT ROLLING VINE
Full-turns should be completed in 3 steps, touching in place on the 4th step

37-40	Rolling slowly to the right: step right, step left, step right, touch left beside right
41-44	Rolling slowly to the left: step left, step right, step left, touch right beside left

MAMBO SHUFFLES

45&46	Step side right, step side left, step right together (weight on right)
47&48	Step side left, step side right, step left together (weight on left)

STEP ACROSS-UNWIND; STEP-ACROSS-UNWIND

49-50	Step & cross right over left, unwind by ½ turning to the left (weight on right)
51-52	Step & cross left over right, unwind by ½ turning to the right (weight on left)

MAMBO SHUFFLES

53&54	Step side right, step side left, step right together (weight on right)
55&56	Step side left, step side right, step left together (weight on left)

REPEAT