

Quickie

拍数: 48 墙数: 4 级数:
编舞者: Debi Dillow (USA)
音乐: Pick Up the Fiddle (Pluck That Banjo) - Razzle Dazzle



LEFT HEEL, HOOK, KICK-BALL-STEP, STEP LEFT, ½ RIGHT, STEP LEFT, ½ RIGHT

- 1-2 Touch left heel forward, cross touch (to floor) left over right
- 3 Kick left forward
- &4 Keeping right in place, step back on left, rock forward onto right
- 5 Step forward on left
- 6 On balls of both feet, pivot ½ turn right (6 o'clock), shifting weight to right
- 7 Step forward on left,
- 8 On balls of both feet, pivot ½ turn right (12 o'clock), shifting weight to right

LINDY LEFT, LINDY RIGHT

- 9&10 Side shuffle left right left
- 11-12 Keeping left in place, step back on right, rock forward onto left
- 13&14 Side shuffle right left right
- 15-16 Keeping right in place, step back on left, rock forward onto right

FORWARD STOMPS, TOE STEPS, ½ PIVOT, TRIPLE (IN PLACE)

- 17 Stomp (weight) forward on left
- & Step right toe out to right side
- 18 Stomp (weight) forward on left
- & Cross step right over left
- 19 Stomp (weight) forward on left
- & Step right toe out to right side
- 20 Stomp (weight) forward on left
- 21 Step forward on right
- 22 Pivot ½ turn left (6 o'clock), changing weight to left
- 23&24 In place, triple (shuffle) right left right
- 25-32 Repeat counts 17-24

STEP & PULL, CROSSOVER/ROCK, ¼ PIVOT, TRIPLE (IN PLACE)

- 33-34 Side step left, slide step right beside left
- 35 Cross step left over right
- &36 Keeping left in place, step back on right, rock forward onto left
- 37 Step forward on right
- 38 On balls of both feet, pivot ¼ turn left (3 o'clock), shifting weight to left
- 39&40 In place, triple (shuffle) right left right

SYNCOPATION (OUT OUT, IN IN), STEP, SLIDE, STEP, STEP

- 41 Step left out to left side
- & Step right out to right side
- 42 Step left in to center
- & Step right in to beside left
- 43 Step left out to left side
- & Step right out to right side
- 44 Step left in to center
- & Step right in to beside left
- 45-46 Step forward on left, slide step right beside left

47-48

Step forward on left, step right beside left

REPEAT
