Real Thing

拍数: 40

级数:

编舞者: Donna Wasnick (USA)

音乐: The Real Thing - Rick Tippe

Start dance after 16 count intro. You will not be starting on the vocals.

TOE TAPS-RIGHT FOOT (ALL TOE TAPS AND FANS ARE DONE WITH RIGHT FOOT)

- 1-2 Bring right foot forward (*when you start the dance) and tap toes down twice (weight is on left foot and right heel is touching floor)
- 3-4 Fan toes to right and tap toes down twice
- 5-6 Fan toes back to center and tap toes down once fan right toes to right and tap down once
- &7-8 Fan toes back to center and tap down fan toes to right and tap down tap toes back to center and tap down, changing weight to the right foot

TOE TAPS - LEFT FOOT (ALL TOE TAPS AND FANS ARE DONE WITH LEFT FOOT)

- 1-2 Bring left foot forward and tap toes down twice (weight is on right foot and the heel is touching the floor)
- 3-4 Fan toes to left and tap toes down twice
- 5-6 Fan toes back to center and tap toes down once fan toes to left and tap toes down once
- &7-8 Fan toes back to center and tap down fan toes to left and tap down fan toes back to center and tap down, changing weight to left foot

GRAPEVINE RIGHT - STEP LEFT BENDING UP AND DOWN

- 1-2 Step right foot to right side step left foot behind right foot
- 3-4 Step right foot to right side touch left foot next to right foot
- 5-6 Step left foot to left side and bend knees of both legs step right foot next to left unbending or straightening legs
- 7-8 Step left foot to left side and bend knees of both legs touch right foot next left unbending knees or straightening legs

On counts 5-8, lock your fingers together palms facing down. When you bend down, press your hands down. When you stand up, hands come back up.

CROSS BACK - TRIPLE STEPS

- 1-2 Cross step right foot over left step back with left foot
- 3&4 Step right foot next to left step left foot in place step right foot in place
- 5-6 Cross step left foot over right step back with right foot
- 7&8 Step left foot next to right step right foot in place step left foot in place

MONTEREY TURN - TOE STEP BACK

- 1-2 Touch right toe to right side turn 1/2 right on ball of left foot and step right foot next to left
- 3-4 Touch left toe to left side step left foot next to right
- 5-6 Touch right toe back step down on right heel
- 7-8 Touch left toe back step down on left heel

REPEAT

*Your right foot is already in place for your first toe taps. (You won't have to bring right foot forward as in count 1 at the beginning of the dance.)





墙数:2