

Reckless

拍数: 32 墙数: 4 级数:
编舞者: Greg Wirth
音乐: Reckless - Alabama



POLKA RIGHT, ROCK, RECOVER

1&2 Shuffle sideways right, left, right
3 Rock back on left
4 Step forward on right

POLKA LEFT, ROCK, RECOVER

5&6 Shuffle sideways left, right, left
7 Rock back on right
8 Step forward on left

POLKA, POLKA

9&10 Shuffle forward right, left, right
11&12 Shuffle forward left, right, left

KICK, BALL-CHANGE, STEP, ¼ TURN

13&14 Kick right foot forward, quickly step right then left
15 Step forward on right
16 Turn ¼ left

KICK, BALL-CHANGE, STEP, ¼ TURN

17&18 Kick right foot forward, quickly step right then left
19 Step forward on right
20 Turn ¼ left

KICK, BALL-CHANGE, STEP, ¼ TURN

21&22 Kick right foot forward, quickly step right then left
23 Step forward on right
24 Turn ¼ left

POLKA, ROCK, RECOVER

25&26 Shuffle forward right, left, right
27 Rock forward on left
28 Step back on right

POLKA BACK, ROCK, RECOVER

29&30 Shuffle backward left, right, left
31 Rock back on right
32 Step forward on left

REPEAT