See Jane Dance



拍数: 48 墙数: 4 级数: Intermediate

编舞者: Amanda Andrews (USA)

音乐: See Jane Dance - Brooks & Dunn



KICK, KICK, COASTER STEP, KICK, KICK, COASTER STEP

1-2 Kick right forward, kick right to right

3&4 Bring right a step back from left, bring left beside right, step right forward

5-6 Kick left forward, kick left to left

7&8 Bring left a step back from right, bring right beside left, step left forward

WALK FORWARD RIGHT, LEFT, RIGHT, HEEL TOUCH, WALK BACK LEFT, RIGHT, LEFT, STEP, CROSS

1-2-3 Walk forward right, left, right4 Touch left heel forward

5-6-7 Walk backward left, right, left

&8 Step right backward, cross left in front of right

STEP, CROSS, STEP, CROSS, PADDLE FULL TURN

Step right to right, step left behind right, cross right over left Step left to left, step right behind left, cross left over right

5&6&7&8 Paddle full turn to the left (keeping \(^3\)4 of your weight on the ball of right and pushing with right,

touch right to right, turn 1/4 to the left touch right to right, turn 1/2 to the left touch right,

turn ¼ to the left touch right to right)

SHUFFLE FORWARD, STEP, 1/4 TURN, SHUFFLE FORWARD, STEP, PIVOT

Shuffle forward right, left, right
Step left forward, turn ¼ to the right
Shuffle forward left, right, left

7-8 Step right forward, pivot turn ½ to the left

KICK BALL CHANGE, STOMP, STOMP, SAILOR STEP, SAILOR STEP

1&2 Kick right forward, step ball of right beside left, step left in place

3-4 Stomp right beside left, stomp left in place

5&6 Step right behind left, step left to left, step right in place 7&8 Step left behind right, step right to right, step left in place

HIP BUMPS

1&2 Bump right hip to right (right, left, right)
3&4 Bump left hip to left (left, right, left)
5-6-7-8 Bump hips (right, left, right, left)

REPEAT