

The Shuttle

拍数: 64 墙数: 0 级数:
编舞者: Justine Shuttleworth (AUS)
音乐: The Losing Side of Me - The Mavericks



- 1-4 Moving forward: right kick ball change, touch right toe forward, place right heel down
5-8 Repeat using left kick ball change, toe heel
9-12 Repeat using right kick ball change, toe heel
13-16 Touch left toe forward, place left heel down, touch right toe forward, place right heel down
- 17-20 Jump forward on both feet, slap both thighs, bounce on both heels twice
21-24 Heel splits, heel splits
25-28 Step to right on right, tap left next to right, repeat to left
29-30 Turning ½ turn to right, step on right, step left together
31&32 Hold for one beat, step right, left (quickly in place) ending with weight on left
- 33-40 Rock forward on right heel, rock back on left, touch right back, turn half turn to right on right, then repeat
41-44 Rock forward on right heel, rock back on left, rock back on right, rock forward on left
45-48 Right heel/toe strut forward, left heel/toe strut forward
49-54 Moving backward: cross right in front of left, step back on left, step back on right, cross left in front of right, step back on right, step back on left
55-56 Step forward on right, tap left toe next to right with left heel high

SHUTTLES FORWARD

- &57 Step forward on left, tap right toe next to left with right heel high
58 Hold for one beat
&59 Step forward on right, tap left toe next to right with left heel high
60 Hold for one beat
- &61-63 Repeat the shuttle step on left, on right, on left (without holds)
64 Hold for one beat

REPEAT
