

Ten Rounds

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Audrey Higgins (USA)
音乐: Ten Rounds With Jose Cuervo - Tracy Byrd



MONTEREY TURN TWICE

- 1-2 Touch right toe to right side, pivot $\frac{1}{2}$ turn right stepping right foot beside left foot
- 3-4 Touch left toe to left side, step left foot beside right foot
- 5-6 Touch right toe to right side, pivot $\frac{1}{2}$ turn right stepping right foot beside left foot
- 7-8 Touch left toe to left side, step left foot beside right foot

TRIPLE STEP FORWARD TWICE, HIP BUMPS

- 1&2 Triple step forward (right-left-right)
- 3&4 Triple step forward (left-right-left)
- 5-6 Bump hips right, bump hips left
- 7-8 Bump hips right, bump hips left

$\frac{1}{4}$ TURN LEFT 4 TIMES

- 1-2 Step right foot forward, pivot $\frac{1}{4}$ left shifting weight to left foot
- 3-4 Step right foot forward, pivot $\frac{1}{4}$ left shifting weight to left foot
- 5-6 Step right foot forward, pivot $\frac{1}{4}$ left shifting weight to left foot
- 7-8 Step right foot forward, pivot $\frac{1}{4}$ left shifting weight to left foot

RIGHT SAILOR STEP, LEFT SAILOR STEP, JAZZ BOX

- 1&2 Step right foot behind left foot, step left foot to left side, step right foot beside left foot
- 3&4 Step left foot behind right foot, step right foot to right side, step left foot beside right foot
- 5-6 Step right foot across in front of left foot, step back on left foot
- 7-8 Step right foot to right side, step left foot beside right foot (weight)

SYNCOPATED VINE RIGHT, VINE LEFT TURNING $\frac{1}{4}$ LEFT

- 1-2& Step right foot to right side, step left foot behind right foot, step right foot to right side
- 3-4 Step left foot across in front of right foot, step right foot to right side
- 5-6 Step left foot to left side, step right foot behind left foot
- 7-8 Step left foot to left side turning $\frac{1}{4}$ left, touch right toe beside left foot

REPEAT

The music slows down at one point. Do a very slow vine to the right, and as the music picks up again, do the left vine and turn.