Triple "T"



编舞者: Michelle Stremche

音乐: The Domino Theory - Steve Wariner



KICK-BALL-CHANGES

1&2 Kick-ball-change starting with right foot3&4 Kick-ball-change starting with right foot

TOE TOUCHES

5- 6 Touch right toe out to side; return next to left7- 8 Touch right toe to rear; return next to left

9- 10 Touch right heel in front; return next to left

11 Step forward on left foot

12 Bring left toe next to right foot (keep weight on right foot)

KICK-BALL-CHANGES

13&14 Kick-ball-change starting with left foot 15&16 Kick-ball-change starting with left foot

TOE TOUCHES

17- 18 Touch left toe out to side and return next to right 19- 20 Touch left toe to rear and return next to right

21- 22 Touch left heel in front and return next to right

23 Step forward on left foot

24 Brush right foot past left (keep weight on left foot)

GRAPEVINES

25-27 Vine right (step right to right; step left behind, step right to right)

28 Hitch left knee

29-31 Vine left (step left to left; step right behind, step left to left)

32 Hitch right knee

WALK BACK, HITCH & TURN

Walk backwards three steps on right, left, right
Hitch left knee while turning ¼ turn to right

HIP BUMPS

37 Step forward on left foot 38 Bump hips to left twice 39- 40 Bump hips to the right twice

Bump hips to left once
Bump hips to right once

43 Bump hips to left again (transfer weight to left foot)

44 Hitch right knee while turning ½ turn to left

45 Step forward on right foot

46 Bump hips to right

47- 48 Bump hips to the left twice

49- 50 Bump hips to right once and left once

51 (with weight on left foot) hitch right knee and turn ½ turn to left

52 Stomp right foot next to left

HEEL SWIVELS

53-56 Swivel heels to right, center, left, center

REPEAT