

Turbo Sixteen Step

拍数: 24 墙数: 0 级数:
编舞者: Unknown
音乐: Dance - Twister Alley



This is a high-energy version of 16-Step (Rebel Stomp) that can be done along with 16-Step.

HEEL TAPS

- 1-2 Tap right heel forward twice
- &3 Step right foot next to left. Tap left heel forward.
- &4 Step left foot next to right. Touch right toe next to left foot.
- &5&6 Repeat &3&4

SHIFT WEIGHT FORWARD & BACK

- 7& Rock forward on right heel with a "squash the bug" motion. Rock weight onto left foot.
- 8& Rock back on right toes with a "squash the bug" motion. Rock weight onto left foot.

The "squash" motion becomes more difficult at higher speeds, and can be replaced with a simple rock forward and back.

MILITARY TURNS

- 9-10 Right foot step forward. Pivot on both feet $\frac{1}{2}$ turn to the left.
- 11-12 Right foot step forward. Pivot on both feet $\frac{1}{2}$ turn to the left.

SHIFT WEIGHT FORWARD & BACK TWICE

- 13& Rock forward on right heel with a "squash the bug" motion. Rock weight onto left foot.
- 14& Rock back on right toes with a "squash the bug" motion. Rock weight onto left foot.
- 15& Rock forward on right heel with a "squash the bug" motion. Rock weight onto left foot.
- 16& Rock back on right toes with a "squash the bug" motion. Rock weight onto left foot.

SHUFFLES

- 17&18 Shuffle forward right, left, right
- 19&20 Shuffle forward left, right, left
- 21&22 Shuffle forward right, left, right
- 23&24 Shuffle forward left, right, left

REPEAT
