

Zone It

拍数: 40 墙数: 2
编舞者: Mildred Loe (USA)
音乐: Celebrity - Brad Paisley

级数: Improver



HEEL TOE, KICKS, RIGHT SAILOR STEP

- 1-2 Right foot out, heel toe, back to place
- 3-4 Left foot out, heel toe, back to place
- 5-6 Kick right foot out times 2
- 7&8 Right sailor step, swing right foot behind left, bring left to meet right, bring right forward

HEEL TOE, KICKS, LEFT SAILOR STEP

- 1-2 Left foot out, heel toe, back to place
- 3-4 Right foot out, heel toe, back to place
- 5-6 Kick left foot out times 2
- 7&8 Left sailor step, swing left foot behind right, bring right to meet left, bring left forward

STEP FORWARD WITH ½ TURN TO LEFT, SYNCOPATED RIGHT VINE

- 1-2 Step forward right, turn ½ to left
- 3-8 Step out right, left behind right, step out right, left in front of right, step out right, left beside right

STEP FORWARD WITH ½ TURN TO RIGHT, SYNCOPATED LEFT VINE

- 1-2 Step forward left, turn ½ turn to right
- 3-8 Step out left, right behind left, step out left, right in front of left, step out left, right beside left

RIGHT AND LEFT KICK BALL TOUCHES, STEP TURN AND STOMP RIGHT, LEFT

- 1&2 Kick right foot out, bring back to ball of right foot, touch left next to right
- 3&4 Kick left foot out, bring back to ball of left foot, touch right next to left
- 5-6 Step out with right foot turn ½ turn to left
- 7-8 Stomp right, left

REPEAT
