

拍数: 32 墙数: 0 级数:

编舞者: Paula J. Graves (UK) 音乐: Coffee - Supersister



LEFT FOOT CROSS ROCK, SHUFFLE LEFT, RIGHT & LEFT HEEL SWITCHES, RIGHT FOOT POINT, DOUBLE CLAP

1-2	Step left foot across r	ight foot, replace	weight onto right foot

3&4 Shuffle to left stepping left right left

5&6 Right heel dig, close right foot to left, left heel dig

&7&8 Close left foot to right, point right foot to right side, double clap

3/4 TURN RIGHT, ROCK FORWARD ON LEFT FOOT, SLOW COASTER STEP BACK ON LEFT FOOT

1-2-3 Keep weight on left foot turn ¾ to right hooking right foot in front of left, step forward on right

Place hands on hips on the turn and try to keep head to the left on count 1-2

4-5 Step forward on left foot, replace weight onto right foot

6-7-8 Step back on left foot, close right foot to left, step forward on left foot

STRUT WALKS WITH 1/4 TURN TO LEFT X 4

1-2	Strut right toe across left foot, crossing hands in front of face, stand on right foot & click
	fingers

3-4 Strut left toe across right foot, uncross hands keeping them high, stand on left foot & click

5-6 With ¼ turn to left repeat the strut walk on right foot with click

7-8 Repeat strut walk on left foot with click

RIGHT FOOT FORWARD ½ TURN, SHUFFLE FORWARD ON RIGHT FOOT, LEFT FOOT FORWARD ½ TURN WITH RIGHT FOOT HOOK, SHUFFLE FORWARD ON RIGHT FOOT

1-2 Right foot forward, ½ turn to left stepping onto left foot 3&4 Shuffle forward on right foot stepping right left right

5-6 Left foot forward, keeping weight on left foot ½ turn to right hooking right foot in front of left

Cross arms in front of body touching shoulders

7&8 Shuffle forward on right foot stepping right left right. (uncrossing arms)

REPEAT