Chevy



拍数: 64 墙数: 2 级数: Improver

编舞者: Sal Gonzalez (USA)

音乐: 455 Rocket - Kathy Mattea



DIAGONAL, FORWARD, SLIDE, SHUFFLE

1 Step forward diagonal on left foot 2-4 Slide right foot beside left (3 counts) 5&6 Shuffle forward (right-left-right) 7&8 Shuffle forward (left-right-left)

SHUFFLE FORWARD, 1/4 TURNS

9&10	Shuffle forward (right-left-right)
11&12	Shuffle forward (left-right-left)

Step forward onto right foot swaying hips to the right and make 1/4 turn left

14 Shift weight onto left foot swaying hips to the left

15 Step forward on right foot swaying hips to the right and make ¼ turn left

16 Shift weight onto left foot swaying hips to the left

V-STEPS

17	Step forward out diagonally on right foot
18	Step forward out diagonally on left foot
19	Step backward in diagonally on right foot
20	Step backward in diagonally on left foot

21-24 Repeat count 17-20

V-STEPS, HOLD

25	Step forward out diagonally on right foot
26	Hold

27 Step forward out diagonally on left foot

28 Hold

29 Step backward in diagonally on right foot

30 Hold

31 Step backward in diagonally on left foot

32 Hold

RIGHT SIDE SHUFFLE, CROSS SHUFFLE, SIDE SHUFFLE ROCK

33&34 Side step-together-step (right-left-right)

35&36 Step (cross) left foot in front of right foot; while keeping feet in a crossed position, step right

with right foot; with feet still crossed, step right with left foot, weight is on left

37&38 Step side with right foot, left together, side step with right

39 Rock back on left foot 40 Rock forward on right foot

LEFT SIDE SHUFFLE, CROSS SHUFFLE, SIDE SHUFFLE ROCK

41&42 Side step-together-step (left-right-left)

Step (cross) right foot in front of left foot; while keeping feet in a crossed position, step left

with left foot; with feet still crossed, step left with right foot, weight is on right

45&46 Step side with left foot, right together, side step with left

47 Rock back on right foot 48 Rock forward on left foot

TOE STRUTS FORWARD

49-50	Step forward with right toe, right heel down
51-52	Step forward with left toe, left heel down
53-54	Step forward with right toe, right heel down
55-56	Step forward with left toe, left heel down

TOGETHER-KNEE POPS

57	Step right foot next to lef	ft
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58 Hold

59 Bring left heel up and pop left knee out

60 Lower left heel to floor and bend right knee out
61 Lower right heel to floor and bend left knee out
62 Lower left heel to floor and bend right knee out
63 Lower right heel to floor and bend left knee out

64 Hold

REPEAT