

Being Mr. Mom

拍数: 48 墙数: 2
编舞者: Nancy Morgan (USA)
音乐: Mr. Mom - Lonestar

级数: Improver



2 HEEL SPLITS, TAP HEEL FORWARD TWICE, TAP TOE BACK TWICE

- 1-2 Spread both heels and return
- 3-4 Spread both heels and return
- 5-6 Tap right heel forward twice
- 7-8 Tap right toes by left instep twice

TAP HEEL FORWARD ONCE, TAP TOE BACK ONCE, STEP FORWARD - HEEL-DOWN, TAP HEEL FORWARD TWICE, TAP TOE BACK TWICE

- 1-2 Tap right heel forward, tap right toes by left instep
- 3-4 Put right heel forward, drop toes to floor as you step forward
- 5-6 Tap left heel forward twice
- 7-8 Tap left toes by right instep twice

TAP HEEL FORWARD ONCE, TAP TOE BACK ONCE, STEP FORWARD - HEEL-DOWN HEEL-DOWN, HEEL-DOWN

- 1-2 Tap left heel forward, tap left toes by right instep
- 3-4 Put left heel forward, drop toes to floor as you step forward
- 5-6 Put right heel forward, drop toes to floor as you step forward
- 7-8 Put left heel forward, drop toes to floor as you step forward

2 ROTATING JAZZ BOXES (½ TURN)

- 1-2-3-4 Cross right over left, step back on left ¼ turn to right, step right foot to right side, step forward on left
- 5-6-7-8 Cross right over left, step back on left ¼ turn to right, step right foot to right side, step left next to right

VINE RIGHT, BRUSH, VINE LEFT, BRUSH

- 1-2-3-4 Step right foot slightly forward and to right, step left behind right, step right to right side, brush left slightly forward
- 5-6-7-8 Step left foot slightly forward and to left, step right behind left, step left to left side, brush right slightly forward

STEP, BRUSH, STEP, BRUSH, STEP BACK 3 STEPS, STOMP LEFT NEXT TO RIGHT

- 1-2 Step right foot forward, brush left slightly forward
- 3-4 Step left foot forward, brush right slightly forward
- 5-6-7 Walk back - right, left, right
- 8 Stomp left next to right

REPEAT