

Final Countdown

拍数: 32 墙数: 4 级数: Beginner
编舞者: Grace Smith (UK) - November 2007
音乐: The Final Countdown - Europe : (Album: The Final Countdown)



Start on the first strong drum beat, about 55 seconds in.

WALK, WALK, HALF PIVOT, WALK, WALK, KICK BALL CHANGE

- 1 2 Step right left forward, step left forward
- 3 4 Step right forward, turn 180° and step forward onto left (6:00)
- 5 6 Step right left forward, step left forward
- 7 & 8 Kick right forward, replace tucked behind left on the ball of the foot, immediately switch weight to left.

RIGHT CROSS RECOVER, GRAPEVINE RIGHT, LEFT CROSS RECOVER, LEFT SIDE, RIGHT CROSS, LEFT ¼ TURN RIGHT

- 1 2 Cross right over left, recover onto left foot
- 3 4 Step right to right side, tuck left behind right
- 5 6 Step right to right side, cross left over right
- 7 & 8 & Step back on right, place left beside right, cross right over left, step left to left side, turning 90° right (9:00).

RIGHT TOE STRUT, LEFT TOE STRUT, STEP AND KICK, LEFT COASTER STEP

- 1 2 Place right foot down, toes first; put heel down after
- 3 4 Place left foot down, toes first; put heel down after
- 5 6 Step right foot forward and kick left forward
- 7 & 8 Step left behind, step right beside left, step left forward.

HALF PIVOT, RIGHT SUFFLE FORWARD, LEFT FORWARD ROCK, LEFT COASTER STEP

- 1 2 Step right forward, turn 180° and step forward onto left (3:00)
- 3 & 4 Step right forward, bring left up to right and step right forward.
- 5 6 Step left forward recover back onto right.
- 7 & 8 Step left behind, step right beside left, step left forward.

Begin again.

NOTES: More confident dancers can roll the second walks in the first eight as a full turn, and/or do a rolling grapevine in the second eight.