

拍数: 56 墙数: 1 级数: Beginner
编舞者: Helen Conroy (IRE) - October 2008
音乐: Cotton Eye Joe - Rednex



Contra Flow, Fun Dance

Section 1: Walk Forward X3 & Kick, Walk Back X3 & Touch

1-8 Walk forward R, L, R kick L forward, walk back L,R, L, touch R beside L

1-8 Repeat Section 1

Section 2: Right & Left Vine & Touch, Right & Left Step Touches Forward X2

1-4 Step R to right side, step L behind right, step R to right side, touch L beside right

5-8 Step L to left side, step R behind left, step L to left side, touch R beside left

1-4 Step forward on R touch L beside right, step forward on L touch R beside left

5-8 Step forward on R touch L beside right, step forward on L touch R beside left

Section 3: Clap Hands, Link Right & Left Arms & Circle Round

1-2 Clap your R hand with your partners R hand x2

3-4 Clap your L hand with your partners L hand x2

5-6 Clap R&L hands with your partners R&L hands x2

7-8 Clap your own hands x2

1-8 Link your R arm with your partners R arm, Step around in a circle R,L, x8

1-6 Link your L arm with your partners L arm, Step around in circle L,R X6

7-8 Step back into line on L,R (opposite side from where you started)

Keep It Fun For Everyone