Blindsided



编舞者: Helen A. Walker (UK) - May 2009

音乐: Chrome - Trace Adkins



Or: Shine by Take That

S1. Swivels to the side, toe and heel switches.

1&2 Swivel heels right, swivel toes right, swivel heels right.3&4 Swivel heels left, swivel toes left, swivel heels left.

Touch right toes to right side, and switch touching left toes to left side and replace.

Touch right toes to right side, and switch touching left toes to left side and replace.

Touch right heel forward and replace switching to touch left toes back. (Weight on right)

S2. Triple steps forward, step turn kick ball change.

1&2 Left triple step moving forward.3&4 Right triple step moving forward.

5 6 Step through with left foot (with weight) turning ½ right (switch weight to right foot)

7&8 Left kick ball change in place (low kick forward with left foot, replace changing weight from

left foot to right foot)

Begin dance again

Enjoy, Helen!

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