Nowhere to Slide



拍数: 48 墙数: 4 级数: Intermediate / Advanced

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音乐: Slid - Fluke



32 count intro

ſ	1-81	chua	rock/recover.	sten	X2
	1-01	GIIUU.	IUUNIEUUVEI.	3160	Δ

1-2	chug forward on right foot, chug forward on left foot
3&4	rock back on right, recover on left, step forward on right

5-6 chug forward on left, chug forward on right

7&8 rock back on left, recover on right, step forward on left

[9-16] back rock, recover, kick step lock, unwind 3/4, step, head & shoulders turn, knees turn, ball step

1&2 rock back on right, recover on left, kick right foot forward

&3-4 step down on right, hook left behind right, unwind 3/4 turn over left shoulder with weight

ending on left

5-6 step forward on right, turn upper body head

& shoulders to the left 1/4 turn

7&8 on balls of both feet make a 1/4 turn to the left following body, bring left to right, step right to

right

[17-24] leg swing forward, 1/4 turn with hitch, kick ball step, heel turns with 1/2 turn, full turn sweep together

1-2 swing left leg crossing body to the right, make a 1/4 turn to the left while hitching left up

3&4 kick left forward, step together with left, step forward on right

&5-6 turn left heel in making a 1/4 turn to the left, turn right heel out making a 1/4 turn to the left,

hook left behind right

7-8 make a full turn over left shoulder sweeping right foot around, ending with a touch on right

foot together with left

[25-32] 1/2 turn box glide, 1/4, 1/2 with big step out, heel toe side walk with drag in

1-2 pressing off ball of right foot make a 1/4 turn to the left stepping forward on left, step back on

right foot making 1/4 turn to the left

3& make a 1/4 turn to the left stepping forward on left, make a 1/4 turn to the left stepping back

on right,

4 make a 1/4 turn to the left taking a big side step out to the left

&5&6&7&8 walk left foot to the left toe, heel, toe, heel, toe, heel, while dragging right foot into

left

[33-40] side step, rock/recover, scuff, step lock step, side step, hook, 3/4 unwind, side step

1-2& step right to right side, rock back on left, recover on right

3&4 scuff left foot forward, step forward on left, lock right behind left,

\$5 step forward on left, step right to right side

6-7-8 hook left behind right, unwind 3/4 turn over left shoulder with weight ending on left, step right

to right

[41-48] hook, 3/4 unwind, side cross side, 1/4 out out, in in. body shake

1-2	hook left behind right, unwind 3/4 turn over left shoulder with weight ending on left

3&4 step right to right, cross left over right, step right to right side

85 make a 1/4 turn to the left stepping out on left, step out on right, (do not step out with feet too

far apart)

&6 walk feet in together toes, then heels

7-8 shake body from knees to head like a limp noodle, just play with it for 7-8.

You will hear a drum snare,	so just let your bo	dy shake from knees t	to your head for those counts.

Have fun with this one.....And just a note, every turn is to the left. Sorry.