2 Left Feet (For Beginner)



拍數: 32 牆數: 4 級數: Beginner - Country LD

編舞者: David Linger (FR) - September 2008

音樂: 2 Left Feet - The Woolpackers: (CD: Emmerdance, track 12)



For teaching □

"Yeah Buddy" by Jeff Carson – 170 BPM - CD "Line Dance Fever 1", track 7

"Ain't Drinkin' Anymore" by Kevin Fowler - 160 BPM - CD "Loose, Loud & Crazy", track 4

"Chicken Truck" by John Anderson – 156 BPM - CDs "Anthology", CD1, track 10

R Hook Combination, R Swivel, L Stomps

1 – 2	Touch R heel diagonally right forward, R hook in front of L leg
3 – 4	Touch R heel diagonally right forward, step R slightly to the right side
5 – 6	Swivel R heel to the right side, swivel R toe to the right side (weight on R)
7 – 8	L stomp-up near R foot, L stomp-up beside R foot (L returns progressively beside R)

L Hook Combination, L Swivel, R Stomps

1 – 2	Touch L heel diagonally left forward, L hook in front of R leg
3 – 4	Touch L heel diagonally left forward, step L slightly to the left side
5 – 6	Swivel L heel to the left side, swivel L toe to the left side (weight on L)
7 – 8	R stomp-up near L foot, R stomp-up beside L foot (R returns progressively beside L)

Out-Out-In-In, Grapevine R, L Touch

1 – 2	Step R diagonally right forward, step L diagonally left forward
3 – 4	Step R back to the center, step L back to the center (L beside R, weight on L)
5 – 6	Step R to right side, cross L behind R
7 – 8	Step R to right side, touch L beside R

Out-Out-In-In, Grapevine L with 1/4 Turn Left, R Touch

1 – 2	Step L diagonally left forward, step R diagonally right forward
3 – 4	Step L back to the center, step R back to the center (R beside L, weight on R)
5 – 7	Step L to left side, cross R behind L
7 – 8	Make ¼ turn left (9.00) stepping L forward, touch R beside L

BE COOL, SMILE & HAVE FUN !!!

Contact: www.david-linger.fr