4th of July

拍數: 32

級數: Improver

編舞者: Lyndy (USA) - February 2011

音樂: 4th of July - Shooter Jennings

FORWARD ROCK R RECOVER L, ½ TURN SHUFFLE, ¼ TURN SIDE ROCK L RECOVER R, CROSS & HEEL JACK

- 1-2 Rock forward R, recover L
- 3&4 Turn ½ to right and shuffle forward R-L-R
- 5-6 Turn ¼ right and rock L to left side, recover R
- 7&8 Cross L over R, step directly back on R, L heel tap directly to front

& WALK, TURN-KICK, COASTER STEP, STEP R, HOLD, 2 HEEL SWIVELS FOR A ¼ TURN LEFT

- &9 Step L next to R, step forward R
- 10 Pivot ½ to the left on ball of R foot and kick L forward
- 11&12 Step back L, step R next to L, step forward L
- 13-14 Step forward R, hold
- 15-16 Pivoting on balls of both feet, pick up heels and put them back down after turning 1/8 to the left. Repeat. (You will complete a ¼ turn to the left.) Weight will end up on the R foot

L SAILOR, R SAILOR, STEP L, HOLD, R NEXT TO L, STEP L, R NEXT TO L, STEP L

- 17&18 Cross L behind R, step R to side, step L to side
- 19&20 Cross R behind L, step L to side, step R to side
- 21-22 Step forward L, hold
- &23&24 Step R next to L, step forward L, step R next to L, step forward L

JAZZ BOX, ¼ PIVOT TURN LEFT, WALK R, WALK L

- 25-28 Cross R over L, step back on L, step to right side on R, step forward L
- 29-30 Step forward R, pivot ¼ left onto L
- 31-32 Walk forward R, walk forward L (full walking pace)

For More Information or Dance Instruction,

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