

A - B Twostep

拍數: 64 牆數: 4 級數: Absolute Beginner
編舞者: Val Myers (UK) & Deana Randle (UK) - December 2008
音樂: She's Going Home With Me - Travis Tritt : (Album: The Restless Kind)



Intro: Start on vocals (19 seconds in)

NB: A - B Twostep is simply 8 repetitions of Slow, Slow, Quick, Quick, Slow)

TOE TOUCH, HOLD, HEEL TOUCH, HOLD, TRIPLE STEP, HOLD

1-4 (SS) Touch right toe to left instep, Hold, Touch right heel to left instep, Hold.
5-8 (QQS) Step right beside left, Step left beside right, Step right beside left, Hold.

TOE TOUCH, HOLD, HEEL TOUCH, HOLD, TRIPLE STEP, HOLD

1-4 (SS) Touch left toe to right instep, Hold, Touch left heel to right instep, Hold.
5-8 (QQS) Step left beside right, Step right beside left, Step left beside right, Hold.

STEP SIDE RIGHT, HOLD, CLOSE, HOLD, TRIPLE STEP, HOLD

1-4 (SS) Step right to right side, Hold, Close left beside right, Hold.
5-8 (QQS) Step right beside left, Step left beside right, Step right beside left, Hold.

STEP SIDE LEFT, HOLD, CLOSE, HOLD, TRIPLE STEP, HOLD

1-4 (SS) Step left to left side, Hold, Close right beside left, Hold.
5-8 (QQS) Step left beside right, Step right beside left, Step left beside right, Hold.

STEP RIGHT FORWARD DIAGONALLY, HOLD, CLOSE, HOLD, TRIPLE STEP, HOLD

1-4 (SS) Step right forward diagonally, Hold, Close left beside right, Hold.
5-8 (QQS) Step right beside left, Step left beside right, Step right beside left, Hold.

STEP LEFT FORWARD DIAGONALLY, HOLD, CLOSE, HOLD, TRIPLE STEP, HOLD

1-4 (SS) Step left forward diagonally, Hold, Close right beside left, Hold.
5-8 (QQS) Step left beside right, Step right beside left, Step left beside right, Hold.

STEP RIGHT BACK DIAGONALLY, HOLD, CLOSE, HOLD, TRIPLE STEP, HOLD

1-4 (SS) Step right back diagonally, Hold, Close left beside right, Hold.
5-8 (QQS) Step right beside left, Step left beside right, Step right beside left, Hold.

STEP LEFT BACK DIAGONALLY, HOLD, CLOSE, HOLD, ¼ TURN LEFT TRIPLE STEP, HOLD

1-4 (SS) Step left back diagonally, Hold, Close right beside left, Hold.
5-8 (QQS) Making ¼ turn left step left to left side, Step right beside left, Step left beside right, Hold.

REPEAT