Sandbar



拍數: 28 牆數: 4 級數: Improver

編舞者: Madison Spears (USA) - May 2025 音樂: Wish I Had a Boat - Tyler Farr



*1 Tag (4 counts)

**2 Restarts

SECTION 1: Lindy R, 2 Kick Ball Step

1&2 - Shuffle R (Step R foot to R side, Bring L foot to R foot, Step R foot to R again)

3 - Cross L foot behind R foot and rock onto it

4 - Recover weight onto R foot

5 - Kick L foot in front of you on a diagonal (pointing to around 11:00)

& - Bring L foot back, placing weight on it

6 - Step onto R foot

7&8 - Repeat counts 5&6 exactly the same

Section 2: Lindy L, 2 Kick Ball Step

1&2 - Shuffle L (Step L foot to L side, Bring R foot to L foot, Step L foot to L again)

3 - Cross R foot behind L foot and rock onto it

4 - Recover

*Restart 1 happens here on Wall 4

5 - Kick R foot in front of you on a diagonal (pointing to around 1:00)

& - Bring R foot back, placing weight on it

6 - Step onto L foot

7&8 - Repeat counts 5&6 exactly the same

*Restart 2 happens here on Wall 9

Section 3: K Step with 1/4 turn R

1 - Step R foot diagonally forward (stepping towards 1:00)

2 - Bring L foot to R foot

3 - Step L foot back to Center

4 - Bring R foot to L foot

5 - Step R foot back on a diagonal making a ¼ turn R by turning to toes to 3:00

6 - Bring L foot to R foot (at this point you should be completely facing 3:00)

7 - Step L foot back to Center

8 - Bring R foot to L foot

Section 4 (ONLY 4 COUNTS): 1/2 Pivot Turn, 2 Stomps

1 - Step R foot forward

2 - Do a ½ turn over L shoulder (now facing 6:00)

3 - Stomp R foot at Center4 - Stomp L foot at Center

*TAG happens here on Wall 2

TAG: ½ Pivot Turn, 2 Stomps

1 - Step R foot forward

2 - Do a ½ turn over L shoulder

3 - Stomp R foot at Center

4 - Stomp L foot at Center

