Knocking On Heavens Floor

級數: Intermediate

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拍數: 48

音樂: How Do I Live (Mr. Mig Remix) - LeAnn Rimes

ROCK STEP, SAILOR STEP, KICK BALL TOE, TWIST & ½ TURN

- 1-2 Step to right side, replace weight to left foot
- 3&4 Cross right foot behind left foot, left foot step to left, right foot step in place
- 5&6 Left foot kick forward, step left foot next to right, touch right toe back
- 7&8 Weight's on ball of both feet and swivel heels to the left, to the right & at swiveling to the left make a ¹/₂ turn to right side

ROCK STEP CROSS, TOUCH & KICK & TOUCH & KICK

- 1&2 Step to right side, replace weight to left foot, right foot cross in front of left foot
- 3&4 Step to left side, replace weight to right foot, left foot cross in front of right foot 5 Right foot touch next to left foot
- Right arm swing to the right side in a parallel line head look's down
- &6 Right foot step in place, left foot kick forward
- Left arm swing to the left side in a parallel line head look's up
- & Left foot step in place
- 7&8 Repeat 5 & 6

SNAKES, TOUCH DOWN

- 1-2 Snake to left side
- 3-4 Snake to right side
- 5 Left foot slides forward
- 6 Knee down with right foot & slap with right hand on the floor
- 7-8 Left foot slide's back and stand up

KICK, KICK, COASTER STEP, CHARLESTON MOVEMENTS

- 1-2 Kick right foot forward, kick right foot to right side and make a 1/4 turn to the right
- 3&4 Right foot step back, left foot next to right foot, right foot step forward
- 5 Left foot touch forward an both heels swivels in
- &6 Touch left foot back an swivel both heels out and in
- &7 Left foot touch forward and both heels swivels in
- &8 Both heels swivels out, left foot step next to right foot

KNEE IN & OUT, PADDLE TURN

- 1-2 Right knee pop to the inside, right knee pop to the outside
- 3-4 Hold

Both arms in half circle over the head and push a little back on 3 and 4

5&6&7&8 Paddle turn: right foot touch to right side, ¼ turn to the left on left foot and hitch with right foot, do it four times

Both arms in a half circle down

STEPS, SYNCOPATED TURN, SIT UP, KICK STEP TOUCH

- 1-2 Right foot step forward, left foot step forward
- 3&4 Right foot step forward, begin a ¹/₂ turn with a weave movement and end with weight on right foot
- 5-6 Bump hip down and up
- Left foot kick forward, left foot step forward, right foot touch next to left foot 7&8





牆數: 4

REPEAT