Peace Of Mind

拍數: 52

級數: Intermediate

編舞者: Trevor Smith (AUS)

音樂: Don't Worry Baby - The Beach Boys & Lorrie Morgan

1-4	Turn ¼ turn left onto left foot, hold, step forward onto right foot, hold
5-6	Turn ½ turn right on ball of right foot as you step back on left foot, turn ½ turn right on ball of left foot as you step forward on right foot
7-8	Step forward onto left foot, hold
9-10	Stomp right onto right foot, hold
11&12	(Chaine) Shuffle right front / side / front (right-left-right), hold
13-16	Repeat steps 9 to 12
17-18	Rock right onto right, rock left onto left
19&20	Shuffle right-left-right turning ¾ turn right on the spot
21-22	Rock forward onto left foot, rock back onto right foot
23&24	Step left foot back at 45 degrees left, cross right over left, step back on left at 45 degrees left
25-28	Touch right toe to right, pivot ½ turn right on ball of left foot as you step right foot in beside left, touch left toe to left, step left foot beside right
29-32	Repeat steps 25 to 28
33-34	Rock right onto right foot, rock left onto left
35&36	(Chaine) Shuffle left front / side / front (right-left-right)
37-38	Rock left onto left foot, rock right onto right foot
39&40	(Chaine) Shuffle right front / side / front (left-right-left)
41-44	Stomp right onto right, hold, step left foot across in front of right
45-46	Turn ¼ turn left on ball of left as you step back on right, turn ½ turn left on ball of right as you step forward on left
47-48	Step forward on right foot, touch left toe beside right
49-50	Scoot left on right foot hitching left knee, step left onto left foot
51-52	Step right foot across in front of left, touch left toes beside right

REPEAT





牆數:4