Puff Of Smoke

級數: Intermediate

編舞者: John Robinson (USA)

音樂: Salty Dog Blues - The GrooveGrass Boyz

SAILOR STEPS, WALK FORWARD 2 STEPS, FORWARD ROCK Left step across behind right on ball of foot, right step side right, left step side left and slightly 1&2 forward 3&4 Right step across behind left on ball of foot, left step side left, right step side right and slightly forward Variation: Replace sailor steps with sailor scuffs (like in "Razor Sharp"): Left step across behind right on ball of foot 1 & Right step side right 2 Left heel scuff forward & Left step down 3 Right step across behind left on ball of foot & Left step side left 4 Right heel scuff forward & Right step side right and slightly forward 5-6 Left step forward; right step forward 7-8 Left rock forward on ball of foot; right step in place BACK ROCK, KICK-BALL-CHANGE, STEP, TOUCH, ½ PIVOT LEFT 1-2 Left rock back on ball of foot; right step in place 3&4 Left kick forward, left step ball of foot next to right, right step in place 5-6 Left step forward; right touch next to left 7-8 Right step forward; pivot 1/2 turn left shifting weight forward to left foot RIGHT FORWARD SHUFFLE, ¼ PIVOT RIGHT, CROSS STEPS WITH SIDE POINTS 1&2 Step right forward, left step forward to right heel in 3rd position, step right forward 3-4 Left step forward; pivot ¼ turn right shifting weight to right foot

- 5-6 Left step forward across right; right toe point side right
- 7-8 Right step forward across left; left toe point side left

KICK-STEP-TOUCH, STEP, SLIDE, STEP, SLIDE, STOMP 2X

- 1&2 Left kick forward, left step next to right, right toe touch next to left
- 3-4 Right big step side right; left slide next to right, keeping weight on right
- 5-6 Left big step side left; right slide next to left, keeping weight on left
- 7-8 Right stomp next to left twice, placing weight on right foot on final stomp

REPEAT





拍數: 32

牆數:4