

Reflexions

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Nicola Glenc (UK)
音樂: Husbands and Wives - Brooks & Dunn



RIGHT TWINKLE, LEFT TWINKLE, ½ TURN RIGHT, LEFT TWINKLE

- 1-3 Step right foot across left, step on ball of left foot to left side, turning body slightly left, step right foot to right side
- 4-6 Step left foot across in front of right, step on ball of right foot to right side turning body slightly right, step left foot to left side
- 7-9 Step right foot across in front of left, step left foot to left side, turn ½ right, step right foot to right side
- 10-12 Step left foot across in front of right, step on ball of right foot to right side turning body slightly right, step left foot to left side

CROSS, SIDE, DRAG, FULL TURN RIGHT, CROSS, SIDE, BEHIND, SIDE ROCKS

- 13-15 Step right across in front of left, step left foot to left side, drag right toe towards left foot, touch ball of right next to left
- 16-18 Step right foot to right side with right toe out to start right turn. Small step with left foot completing full right turn. Step right foot to right
- 19-21 Cross left foot in front of right, step right foot to right side, step left foot behind right
- 22-24 Step right foot to right side, rock weight onto left foot, replace weight on right

FULL TURN RIGHT, RIGHT TWINKLE, LEFT TWINKLE, RIGHT TWINKLE

- 25-27 Step left foot to left side with left toe out to start left turn. Small step with right foot completing full turn left. Step left foot to left side
- 28-30 Step right foot across left, step on ball of left to left side, turning body slightly right, step left foot to left side
- 31-33 Step left foot across right, step on ball of right foot to right side turning body slightly left, step right foot to right side
- 34-36 Step right foot across left, step on ball of left foot to left side, turning body slightly left, step right foot to right side

½ TURN LEFT, BALANCE BACK, TOUCH, ½ TURN RIGHT, BALANCE BACK

- 37-39 Step forward with left foot with toe out to prepare for turn. Small step with right foot making ½ turn left, step back on left foot
- 40-42 Step back right foot, step left beside right, touch right toe beside left foot
- 43-45 Step forward with right foot, with toe out to prepare for turn, small step with left foot making ½ turn right, step back on right foot
- 46-48 Step back left foot, step right beside left, step left foot beside right

REPEAT