

Special D

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Chris Peel (UK)
音樂: Return to Sender - Elvis Presley



WALKING STEPS FORWARD, KNEE ROLLS

- 1-4 Walk forward with a bounce in each step, right, left, right, step left beside right
5-6 Lift right heel and roll knee in a ½ circle to the left, hold
7-8 Step down right, lift left heel and roll knee in a ½ circle to the right, hold

¼ TURN LEFT, WALKING STEPS FORWARD, KNEE ROLLS

- 9-12 Step ¼ turn left on left, walk forward with a bounce in each step, right, left, step right beside left
13-14 Lift left heel and roll knee in a ½ circle to the right, hold
15-16 Step down, lift right heel and roll knee in a ½ circle to the left, hold

SIDE TOUCHES WITH DIAGONAL SLIDE STEPS BACK (HERRING BONE PATTERN)

- 17-18 Touch right toe to side, slide right back diagonally and step behind left
19-20 Touch left toe to side, slide left back diagonally and step behind right
21-22 Touch right toe to side, slide right back diagonally and step behind left
23-24 Touch left toe to side, slide left back diagonally and step behind right

PENDULUM ROCKS FORWARD, HEEL TAPS

- 25-28 Rock forward right, rock left in place, rock back right, rock left in place
29-32 Touch right toe diagonally forward (to right), tap right heel three times

DIAGONAL ROCKS, KICK, WEAWE

- 33-36 Diagonally right - rock left across right, rock right in place, kick left, adjusting to front, side step left
37-40 Step right across left, side step left, step right behind left, side step left
41-44 Diagonally left - rock right across left, rock left in place, kick right, adjusting to front, side step right
45-48 Step left across right, side step right, step left behind right, side step right

TWISTING TOE STRUTS TO RIGHT, TOE STRUTS

- 49-52 Twist ¼ turn right on ball of left, lower left heel, touch right toe forward, lower right heel
53-56 Twist ¼ turn right on ball of left, lower left heel, touch right toe forward, lower right heel

SYNCOPATED JUMP FORWARD, CLAP, KNEE ROLL, ROLLING VINE LEFT

- &57-58 Jump forward, left right (shoulder width apart) clap
59-60 Lift left heel and roll knee in a ½ circle to the right, hold
61-64 Full turn left stepping left, right, left, touch right beside left

REPEAT