Twenty-Five Miles

拍數: 32

級數: Improver

編舞者: Doug Kirsch (USA)

音樂: Twenty Five Miles - Edwin Starr

WALK, WALK, KICK BALL CHANGE, ROCK STEP, TRIPLE ½ RIGHT

- 1-2 Step forward right, step forward left
- 3&4 Kick right forward, step quickly onto ball of right foot and change weight to left foot
- 5-6 Rock forward on right foot, recover left
- 7&8 Triple ¹/₂ turn right, step forward right, step left, step right

WALK, WALK, LOCK STEP FORWARD, KICK, KICK, COASTER STEP

- 1-2 Step forward left, step forward right
- 3&4 Step forward left foot, lock right behind left, step forward left
- 5-6 Kick forward right foot twice
- 7&8 Step back on right foot, step together with left foot, step forward onto right foot

PIVOT ¼ RIGHT, CROSS SHUFFLE, ROCK STEP, SAILOR STEP

- 1-2 Step forward on left, pivot ¼ right stepping onto right
- 3&4 Cross left over right, step right to side, cross left over right
- 5-6 Rock right to side, recover left
- 7&8 Step right behind left, step left to side, step right to side

KICK, KICK, COASTER STEP, ROCK STEP, BACK ½ TURN, WALK, WALK

- 1-2 Kick left forward twice
- 3&4 Step left back, step right next to left, step left forward
- 5-6 Rock forward right, recover left
- 7-8 Turning ¹/₂ right, step forward right, step forward left

REPEAT

TAG

After the 7th time through the dance (28th wall, 9:00) you will hear, "I've got 9 8,7,6...." During this you will do toe struts forward for sixteen counts. Start the dance over when you hear, "I've got five more miles to go."





牆數: 4