Two Step Programme



拍數: 64 牆數: 4 級數: Improver

編舞者: Jon Peppin (AUS)

音樂: Two Step Program - Keith Norris



STEP, LOCK, STEP, PADDLE TURN

(QQQ) Step left forward, lock right behind left, step left forward, hold

5-8 (SS) Step right forward, hold, pivot 1/4 turn left - weight onto left, hold (9:00 wall)

SAILOR STEP, TOUCH BEHIND, UNWIND

1-4 (QQQ) Step right behind left, step/rock left to left side, rock/replace weight onto right, hold 5-8 (SS) Step/touch left behind right, hold, unwind ½ turn left - weight onto left, hold (3:00 wall)

ROCK, REPLACE, CROSS IN FRONT, TURN & STEP FORWARD, ROCK BACK

(QQQ) Step/rock right to right side, rock/replace weight onto left, step right across in front of

left, hold

5-8 (SS) Turning 1/4 turn left - step left forward, hold, step back on right, hold (12:00 wall)

BACK, CROSS, BACK, TOUCH BACK, PIVOT

(QQQ) Step left back, cross/lock right across in front of left, step left back, hold 5-8 (SS) Touch right back, hold, pivot 1/4 turn right - weight onto right, hold (3:00 wall)

On wall 4, dance to here and restart dance from the beginning

BEHIND, SIDE, CROSS, ROCK, REPLACE

1-4 (QQQ) Step left behind right, step right to right side, step left across in front of right, hold

5-8 (SS) Step/rock right to right side, hold, rock/replace weight onto left, hold

CROSS SHUFFLE, TWIST 1/2, TWIST 1/4

1-4 (QQQ) Step right across in front of left, step left to left side, step right across in front left, hold

5-8 (SS) Twist ½ turn left, hold, twist ¼ turn right - weight on left, hold (12:00 wall)

COASTER STEP, STEP FORWARD, PIVOT

(QQQ) Step right back, step left beside right, step right forward, hold

5-8 (SS) Step left forward, hold, pivot ½ turn right - weight onto right, hold (6:00 wall)

SIDE, TOGETHER, TURN, CROSS, UNWIND ½

1-4 (QQQ) Step left to left side, step right behind left, turning ¼ turn left - step left forward, hold 5-8

(SS) Step right across in front of left, hold, unwind ½ turn left - weight on right, hold, (9:00

wall)

REPEAT

RESTART

On wall 4, dance the first 32 counts and restart dance from the beginning

FINISH

On wall six dance to count 44 then from the twist section do the following:

(SS) Twist 3/4 turn left, hold, twist 1/4 turn right - weight on left, hold 5-8