Wait A Minute

拍數: 32

級數: Improver

編舞者: Max Perry (USA) & Johnny Two-Step (UK)

音樂: Wait A Minute - Sara Evans



牆數:4



The Sara Evans tune is only available in Europe. It is not available in the United States. If you can't find the recommended music, any East Coast Swing will do.

HEEL TWISTS RIGHT, HOLD & CLAP

1-4 With feet together twist both heels right, twist both toes right, twist heels right, hold & clap hands

HEEL TWISTS LEFT, HOLD & CLAP

5-8 With feet together twist both heels left, twist both toes left, twist heels left, hold & clap hands

2 HALF MONTEREY TURNS

- 1-4 Touch right toe to right side, step right next to left as you turn $\frac{1}{2}$ right, touch left toe to left side, step left next to right
- Repeat counts 1-4 of Monterey turn above 5-8

RIGHT SHUFFLE TURNING ½ RIGHT, LEFT COASTER STEP

- 1&2 Right shuffle turning 1/2 right (right, left, right)
- 3&4 Step left back, step right next to left, step left forward

RIGHT SHUFFLE TURNING ½ RIGHT, LEFT COASTER STEP

- 5&6 Right shuffle turning 1/2 right (right, left, right)
- 7&8 Step left back, step right next to left, step left forward

TOE HEEL STRUTS TRAVELING TO LEFT

- 1-2 Step with ball of right foot forward & across left, lower right heel
- 3-4 Step with ball of left foot to left side, lower left heel

JAZZ BOX TURNING ¼ RIGHT

Cross right over left, step left back turning 1/4 right, step right to right side, step left next to 5-8 right

REPEAT