

拍數: 64 牆數: 1 級數: Advanced
編舞者: William Sevone (UK)
音樂: Ski-Ing In the Snow - Laura Pallas



2X HOOK-TOUCH, COASTER STEP, FORWARD SHUFFLE

1-2 Hook right leg behind left & touch right foot with left hand, return right foot to place
3-4 Hook left leg behind right & touch left foot with right hand, return left foot to place
5&6 Step right foot back, step left next to right, step forward onto right
7&8 Left shuffle forward (left, right, left)

ROCK FORWARD, ½ LEFT, ROCK BACKWARD, BACKWARD SHUFFLE, ROCK BACKWARD, RECOVER, ½ RIGHT, FORWARD SHUFFLE

9-10 Rock forward onto right foot, turn ½ left on right foot & rock backward onto left foot
11&12 Right shuffle backward (right, left, right)
13-14 Rock backward onto left foot, recover onto right foot & turn ½ right
15&16 Left shuffle forward (left, right, left)

2X SIDE ROCKS-HIP PUSHES, FORWARD SHUFFLE, 2X SIDE ROCKS-HIP PUSHES, LEFT CHASSE

17-18 Rock right foot to right side & push hips to right, rock onto left foot & push hips to left
19&20 Right shuffle forward (right, left, right)
21-22 Rock left foot to left side & push hips to left, rock onto right foot & push hips to right
23&24 Chasse shuffle to the left (left, right, left)

2X BUNNY HOPS, RIGHT CHASSE, CROSS STEP, UNWIND ½ RIGHT, 2X FORWARD DIAGONAL SHUFFLE

25-26 Short bunny hop to the left (feet together), short bunny hop to the right (feet together)
27&28 Chasse shuffle to the right (right, left, right)
29-30 Cross step left foot over right, unwind ½ turn right (weight central)
31&32 Left diagonal shuffle forward to left (left, right, left)
33&34 Right diagonal shuffle forward to right (right, left, right)

2X RIGHT TOE-HEEL ZIG ZAGS, STEP FLICK KICK

35-39 (Raise left foot off floor & slide right foot in zig zag / toe-heel motion to right side), right toe-heel-toe-heel, step left foot next to right & flick right leg to side,

2X LEFT TOE-HEEL ZIG ZAGS, STEP FLICK KICK

40-44 (Right foot raised off floor & slide left foot in zig zag / toe-heel motion to left side) left toe-heel-toe-heel, step right foot next to left & flick left leg to side

RIGHT TOE-HEEL ZIG ZAG, STEP FLICK KICK

45-47 (Left foot raised off floor & slide right foot in zig zag / toe-heel motion to right side) right toe-heel, step left foot next to right & flick right leg to side,

LEFT TOE-HEEL ZIG ZAG

48-49 (Right foot raised off floor & slide left foot in zig zag / toe-heel motion to left side) left toe-heel

2X FORWARD DIAGONAL SHUFFLE-STEP FORWARD-FULL TURN

50&51 Right diagonal shuffle forward to right (right, left, right)
52-53 Step left foot forward, full turn right on ball of left foot & step right foot next to left
54&55 Left diagonal shuffle forward to left (left, right, left)
56-57 Step right foot forward, full turn left on ball of right foot & step left foot next to right

2X FORWARD SHUFFLES, STEP FORWARD, ½ RIGHT, STEP TOGETHER

58&59 Right shuffle forward (right, left, right)

60&61 Left shuffle forward (left, right, left)

62-64 Step forward on right foot, turn ½ right on ball of right foot & step left foot next to right

REPEAT

Counts 40-49 are performed as a sliding motion with the body leaning in the opposite direction of each pattern. i.e., slide to the right-lean to the left. At the end of each pattern (except on count 49) slip 'n' kick the working leg to the side and straighten trailing leg, transferring weight at the same time.
