H. S. Friday

拍數: 32 **牆數:** 4 **級數:** Improver

編舞者: Sheila Still (UK)

音樂: Howdy - The GrooveGrass Boyz

TOE, HEEL CROSSING SHUFFLE TWICE

1-2	Touch right toe to left instep, touch right heel to left instep
3&4	Cross right over left, step left to left side, cross right over left
5-6	Touch left toe to right instep, touch left heel to right instep
7&8	Cross left over right, step right to right side, cross left over right

ROCK STEP, TRIPLE ½ TURN RIGHT, CROSS, BAC, CHASSE ¼ TURN LEFT

9-10	Rock forward on right, rock back onto left
11&12	Triple step ½ turn right, stepping - right - left - right
13-14	Cross left over right, step back right
15&16	Step left to left side, close right beside left, step ¼ turn left

STEP ½ PIVOT, RIGHT SHUFFLE, LEFT ROCK, LEFT SAILOR SHUFFLE STEP

17-18	Step forward right, pivot ½ turn left
19&20	Step forward right, close left beside right, step forward right
21-22	Rock left to left side, rock weight onto right in place
23&24	Cross left behind right, step right to right side, step left to place

CROSS HOLD, UNWIND ½ LEFT, CROSS HOLD, UNWIND ½ RIGHT

25-26	Cross right over left, hold
27&28	Unwind ½ turn left, clap hands twice
29-30	Cross left over right, hold
31&32	Unwind ½ turn right, clap hands twice

REPEAT