

(Can't Get Out Of) The Hole

拍數: 168 牆數: 0 級數:
編舞者: Alan Birchall (UK)
音樂: The Hole - Randy Travis



TWO HEEL SPLITS, TWO RIGHT TOE FANS

- 1-2 Split heels apart, bring heels together
- 3-4 Split heels apart, bring heels together
- 5-6 Fan right toe right, fan right toe back in place
- 7-8 Fan right toe right, fan right toe back in place

TWO LEFT TOE FANS, LEFT HEEL HOOK, LEFT HEEL IN PLACE

- 9-10 Fan left toe left, fan left toe back in place
- 11-12 Fan left toe left, fan left toe back in place
- 13-14 Touch left heel forward, hook left heel over right leg
- 15-16 Touch left heel forward, step left in place

RIGHT HEEL HOOK, RIGHT HEEL IN PLACE, GRAPEVINE RIGHT, SCUFF LEFT

- 17-18 Touch right heel forward, hook right heel over left leg
- 19-20 Touch right heel forward, step right in place
- 21-22 Step right to right, cross left behind right
- 23-24 Step right to right, scuff left beside right

GRAPEVINE LEFT WITH ¼ TURN, SCUFF RIGHT

- 25-26 Step left to left, cross right behind left
- 27-28 Step left to left making ¼ turn left, scuff right

RIGHT DIAGONAL TOUCH AND CLAP, LEFT DIAGONAL TOUCH AND CLAP

- 29-30 Step right to right diagonal, touch left beside right and clap (at same time)
- 31-32 Step left to left diagonal, step right beside left and clap (at same time)

You will now be facing the left-hand wall (from home wall)

- 33-64 Repeat above

You will end up facing the back wall (from home wall)

QUICK JUMPS BACK, CROSSING LEGS, UNWIND ½ TURN LEFT, HIP BUMPS

- 65-66 Jump back landing both feet apart, jump back landing with feet crossed (left over right)
- 67-68 Jump back landing both feet apart, jump back landing with feet crossed (right over left)
- 69-70 Unwind ½ turn left while bumping hips right, bump hips left
- 71-72 Bump hips right, bump hips left

RIGHT SHUFFLE FORWARD, STEP ½ PIVOT RIGHT

- 73&74 Step forward on right, step left beside right, step forward on right
- 75-76 Step forward on left, ½ pivot right (weight ends on right)

LEFT SHUFFLE FORWARD, STEP ½ PIVOT LEFT

- 77&78 Step forward on left, step right beside left, step forward on left
- 79-80 Step forward on right, ½ pivot left (weight ends on left)

TOE POINTS, CROSSES

- 81-82 Point right toe to right, cross right over left
- 83-84 Point left toe to left, cross left over right

85-86 Point right toe to right, cross right over left
87-88 Point left toe to left, cross left over right

UNWIND ½ TURN RIGHT, TOE POINTS, CROSSES

&89 Unwind ½ turn right (weight ends on left), point right toe to right
90 Cross right over left
91-92 Point left toe to left, cross left over right

TOE POINT, STEP FORWARD RIGHT, STEP LEFT IN PLACE, HOLD AND CLAP

93-94 Point right toe to right, step forward on right
95-96 Step left in place, hold and clap (at same time)

You will now be facing the back wall

97-128 Repeat 65-96

GRAPEVINE RIGHT, HITCH LEFT, ½ TURN RIGHT

129-130 Step right to right, cross left behind right
131-132 Step right to right, hitch left and turn ½ right on ball of right foot

GRAPEVINE LEFT, HITCH RIGHT, ¾ TURN LEFT

133-134 Step left to left, cross right behind left
135-136 Step left to left, hitch right while making ¾ turn left on ball of left foot

WALK FORWARD, JUMPS BACK CROSSING LEGS

137-138 Step forward on right, step forward on left
139-140 Step forward on right, step forward on left
141-142 Jump back landing both feet apart, jump back landing with feet crossed (left over right)
143-144 Jump back landing both feet apart, jump back landing with feet crossed (right over left)

UNWIND ½ TURN LEFT, STEP RIGHT IN PLACE

145-147 Slowly unwind ½ turn left over three counts (weight ends on left)
148 Step right in place

You will now be facing the left wall (from home wall)

149-168 Repeat 129-148

REPEAT

The following tag is danced instead of counts 129-148 on the third (last) repetition

QUICK JUMPS BACK, CROSSING LEGS, UNWIND ½ TURN LEFT, HIP BUMPS

129-130 Jump back landing both feet apart, jump back landing with feet crossed (left over right)
131-132 Jump back landing both feet apart, jump back landing with feet crossed (right over left)
133-134 Unwind ½ turn left while bumping hips right, bump hips left
135-136 Bump hips right, bump hips left

RIGHT SHUFFLE FORWARD, STEP ½ PIVOT RIGHT

137&138 Step forward on right, step left beside right, step forward on right
139-140 Step forward on left, ½ pivot right (weight on right foot)

LEFT SHUFFLE FORWARD, STEP ½ PIVOT LEFT

141&142 Step forward on left, step right beside left, step forward on left
143-144 Step forward on right, ½ pivot left (weight on left foot)

TOE POINTS & CROSS'S, UNWIND FULL TURN RIGHT

145-146 Point right toe to right, cross right over left
147-148 Point left toe to left, cross left over right

149-150 Unwind full turn to right over two counts

Legs remain crossed right over left, with weight on left

151-152 Bow head down, touch rim of hat
