

Hale Bop

拍數: 48 牆數: 4 級數:
編舞者: David Stretch & Karen Stretch
音樂: One Dance with You - Vince Gill



RIGHT STRUT, TAP, TAP, LEFT STRUT, TAP, TAP

- 1-2 Right heel forward, slap toes down
- 3-4 Keeping right toe on ground, tap right heel twice
- 5-6 Left heel forward, slap toes down
- 7-8 Keeping left toe on ground, tap left heel twice

STEP FORWARD, ROCK BACK, STEP BACK, ROCK FORWARD, STEP, ½ TURN, STEP, ¼ TURN

- 9-10 Step forward right, rock back on left
- 11-12 Step back right, rock forward on left
- 13-14 Step forward right, pivot ½ turn to left
- 15-16 Step forward right, pivot ¼ turn to left (you should now be facing the wall originally on your right)

FOUR TOE STRUTS MOVING FORWARD RIGHT, LEFT, RIGHT, LEFT

- 17-18 Place right toe forward, bring heel down
- 19-20 Place left toe forward, bring heel down
- 21-24 Repeat steps 17-20

To add styling to this dance, snap fingers every time your heel comes down.

TOUCH RIGHT TOE FORWARD, HOLD, SWITCH TOES, HOLD, JUMPING JACK ½ TURN

- 25-26 Touch right toe forward, hold (styling: look down to floor)
- 27-28 Quickly bring right foot back home as you touch left toe forward, hold (styling: look straight ahead)
- 29 Jump, landing with feet shoulder width apart
- 30 Jump, landing with right leg accross left
- 31 Unwind, making ½ turn to the left
- 32 Hold

RIGHT HEEL FORWARD, LEFT HEEL FORWARD, RIGHT HEEL FORWARD, LEFT TOE BACK, SCOOT FORWARD RIGHT TWICE

- 33-34 Touch right heel forward, bring back in place
- 35-36 Touch left heel forward, bring back in place
- 37&38 Touch right heel forward, bring back in place, touch left toe back
- 39-40 Scoot forward right twice (styling: pretend you are playing the guitar)

STEP FORWARD LEFT, TOUCH RIGHT, STEP BACK RIGHT, TOGETHER LEFT, RIGHT KNEE ROLL, LEFT KNEE ROLL

- 41-42 Step forward on left, touch right foot next to left
- 43-44 Step back on right, bring left foot back together with right
- 45-46 Roll right knee to the right
- 47-48 Roll left knee to the left

REPEAT