Frisco Turnaround



拍數: 45 牆數: 0 級數:

編舞者: Ruth Elias (UK) 音樂: Unknown



1-4 5-8	Left heel touch forward, left heel back in place, right toe touch back, scuff right foot forward Step down on right foot (forward), left foot slide up behind right, right foot step forward, scuff left foot forward
9-12	Step forward on left foot, slide right foot up behind left, step forward on left foot, scuff right foot forward
13-16	Step to right side on right foot, cross left foot behind right, step to right on right foot then ball-change on left

Bring left foot down and quickly change your weight over to right foot

Kick left foot forward

18-21	Step to left side on left foot, cross right foot behind left, step to left on left foot then ball- change on right foot	
Bring right foot down and quickly change your weight over to left foot		
22	Kick right foot forward	
23-24	Step back on right foot, touch back with left foot	
25-28	Step forward on left foot, pivot a ½ turn right, step forward on left foot, pivot a ½ turn right	
29-32	Step forward on left foot, hitch right knee, step back on right foot, step back on left foot	
33-35	Turn 1 ½ turns backwards to right on right, left, right	
36-37	Left forward shuffle	
38-39	Step forward on right foot, pivot a ½ turn left	
40-43	Right forward shuffle, left forward shuffle	
44-45	Step forward on right foot, stop left foot beside right	

REPEAT

17