For Cryin' Out Loud



拍數: 40 牆數: 4 級數: Intermediate/Advanced

編舞者: Leslie Moore (USA)

音樂: If the Jukebox Took Teardrops - Danni Leigh



1&2 3-4	Shuffle left-right-left to left side Rock back on right foot; recover forward on left
5&6	Shuffle right-left-right to right side
7-8	Rock back on left foot; recover forward on right
1-2	Rock to left side with left foot; recover in place on right
3	Step left behind right
4	Step right to turn ¼ to right
5-6	Hitch left knee, while scooting forward on right foot twice
7-8	Step down on left foot; scuff right heel forward
1&2	Shuffle backward right-left-right
3-4	Rock back on left foot; recover forward on right
5-6	Step forward on left foot; pivot ½ to right
7-8	Stomp left foot; scuff right heel forward
"T-STEP"	
1	Step on right heel, turning right toes to the left and positioning the middle of your right foot at your left toes, so that your right foot is perpendicular to your left, making a "T", and simultaneously lifting left toes off the floor
2	Drop toes on both feet while turning your toes outward
3	Step on left heel, turning left toes to the right and positioning the middle of your left foot at your right toes, so that your feet are perpendicular, making that "T", and simultaneously lifting right toes off the floor
4	Drop toes on both feet while turning your toes outward
5	Step on right heel, turning right toes to the left and positioning the middle of your right foot at your left toes, so that your right foot is perpendicular to your left, making a "T", and simultaneously lifting left toes off the floor
6	Drop toes on both feet while turning your toes outward
7-8	Stomp forward on left foot; kick right foot forward
1-2	Stomp right foot across left; step straight back on left foot
3-4	Hitch right knee, scooting back on left foot twice
5&6	Shuffle backward right-left-right
7	"Hook" left foot behind right ankle and use the momentum to
8	Spin ½ turn to left on right foot

REPEAT