

E...C Smooth

拍數: 54 牆數: 4 級數:
編舞者: Eric Toth
音樂: Blueboy - John Fogerty



SIDE ROCKS WITH ½ PIVOTS TO THE LEFT

- 1-2 Rock your right foot to the right, rock weight back to your left foot
- 3-4 Touch your right foot out front, pivot ½ turn to the left (weight on left)
- 5-8 Repeat steps 1-4

ROCK FORWARD AND BACK, PIVOT TWO ½ TURNS LEFT

- 9-12 Rock forward on right, step down on left, rock back on right, step down on left
- 13-14 Touch right foot out in front, pivot ½ turn left on ball of left foot
- 15-16 Touch right foot out in front, pivot ½ turn left on ball of left foot

STEP, STEP, RUBBER LEGS

- 17-18 Step forward on right foot, step left foot next to right foot (legs slightly apart)
- 19-20 Roll right knee in circle, roll left knee in circle
- 21-24 Walk forward right-left-right, kick left foot forward

WALK BACK LEFT, RIGHT, LEFT, ROCK BACK RIGHT, ROCK FORWARD, BACK, FORWARD, BACK

- 25-28 Walk back left, right, left, rock back on right foot
- 29-32 Rock forward on left, back on right, forward on left, back on right

STEP DRAG STEP FORWARD, STOMP, KICK, KICK, ROCK STEP

- 33-34 Step forward on your left foot, drag your right foot up next to left foot
- 35-36 Step forward on your left foot, stomp your right foot up next to left foot
- 37-38 Kick your right foot forward twice
- 39-40 Rock back on your right foot, rock forward on your left foot

GRAPEVINE RIGHT WITH ¼ TURN, GRAPEVINE LEFT

- 41-42 Step right foot to the right, step left foot behind right foot (take weight)
- 43-44 Pivoting on the ball of left foot ¼ turn to right step to right foot, kick your left foot forward
- 45-48 Step left foot left, step right behind left, step left foot left, kick right foot

GRAPEVINE RIGHT WITH ¼ TURN TOUCH, ½ PIVOT RIGHT, ¼ TURN ROCK STEP

- 49-50 Step right foot to the right, step left foot behind right foot
- 51-52 Pivot ¼ turn to right on ball of left foot, step forward on right foot pivoting ½ turn to the right (weight on left foot)
- 53-54 Step forward on right foot, step forward on left foot (pivoting ¼ turn to right, weight on left foot)
- 55-56 Rock to right side on right foot, rock to left side on left foot

REPEAT