

Backbones

拍數: 32 牆數: 0 級數:
編舞者: Bill Shepard (USA)
音樂: I Just Wanna Be Mad - Terri Clark



Position: To start the dance, face forward line of dance in sweet heart position. The hands stay joined for the entire song. The pattern is the same for both partners.

- 1 Touch the right heel forward
- 2 Touch the right toe next to left foot
- 3 Touch the right toe out to the right
- 4 Bring the right foot next to the left with weight
- 5 Touch the left toe out to the left
- 6 Touch the left toe next to the right foot
- 7 Touch the left heel forward
- 8 Bring the left foot next to the right with weight

QUARTER TURN TO THE RIGHT

- 9 Quarter turn to the right (outside the dance floor) and touch right heel forward
- 10 Right foot next to left with weight
- 11 Touch the left toe out to the left
- 12 Bring left foot in to the right with weight. To do the next move the left foot should be a little forward of the right

LEFT VINE WITH A QUARTER TURN

- 13 Right foot behind the left (line of dance)
- 14 Step left with the left foot as you quarter turn to the left (face line of dance)
- 15 Step forward on the right
- 16 Extended left heel touch forward

BACKWARDS HALF TURN

- 17 Step back with the left foot. Weight is on the left
- 18 Step back on the right as you turn a quarter turn to the right. Weight is on the right
- 19 Cross the left in front of the right as you turn a quarter turn to the right (back line of dance) step on the left foot. Weight is on the left
- 20 Extended right heel touch forward

BACKWARDS WEAWE

- 21 Step back and slightly to the right with the right foot (moving backwards to line of dance)
- 22 Cross the left foot in front of the right and step on the left with weight
- 23 Step back with the right foot with weight
- 24 Step to the left with the left foot with weight

STEP HALF TURN

- 25 Step forward with right foot (back line of dance)
- 26 Half turn to the left and end forward line of dance with weight on the left foot
- 27-28 Right kick-ball change
- 29-30 Right shuffle
- 31-32 Left shuffle

REPEAT

