Bar-B-Que Sauce

拍數: 44

演奏

編舞者: Dee Reid (CAN)

音樂: Bill's Laundromat, Bar and Grill - Confederate Railroad

WEAVE RIGHT, SYNCOPATED CROSS

- 1-2 Step to the right on right foot, cross left foot behind right and step
- 3-4 Step to the right on right foot, cross left foot in front of right and step
- 5-6 Step to the right on right foot, cross left foot behind right and step
- 7&8 Step to the right on right foot, step left foot next to right, cross right foot over left and step

WEAVE LEFT, SYNCOPATED CROSS

- 9-10 Step to the left on left foot, cross right foot behind left and step
- 11-12 Step to the left on left foot, cross right foot in front of left and step
- 13-14 Step to the left on left foot, cross right foot behind left and step
- 15&16 Step to the left on left foot, step right foot next to left, cross left foot over right and step

SIDE STEPS, TOUCHES, STEP-SLIDE FORWARD, TURN & HITCH

- 17-18 Step to the right on right foot, touch left foot next to right and clap
- 19-20 Step to the left on left foot, touch right foot next to left and clap
- 21-22 Step forward on right foot, step left foot up behind right
- 23-24 Step forward on right foot, pivot ½ turn to the right on right foot while hitching left knee

STEP-SLIDE FORWARD, TURN & HITCH, ROCKING CHAIR

- 25-26 Step forward on left foot, slide right foot up next to left
- 27-28 Step forward on left foot, pivot ½ turn to the left on left foot while hitching right knee
- 29-30 Step forward on right foot, rock back onto left foot in place
- 31-32 Step back on right foot, rock forward onto left foot in place

JAZZ SQUARE, STOMP, TURNING JAZZ SQUARE, STOMP

- 33-34 Cross right foot over left and step, rock back onto left foot in place
- 35-36 Step slightly to the right on right foot, stomp left foot next to right (stomp down)
- 37 Cross right foot over left and step making a ¼ turn to the left with the step
- 38 Rock back onto left foot in place
- 39-40 Step slightly to the right on right foot, stomp left foot next to right (stomp down)

ROMPS

- &41 Step back diagonally on ball of right foot, touch left heel diagonally forward
- &42 Step to home on left foot, touch right toe next to right instep
- &43 Step back diagonally on ball of right foot, touch left heel diagonally forward
- &44 Step to home on left foot, touch right toe next to right instep

REPEAT





級數:

牆數: 0