Slowly Back



拍數: 44 編數: 4 級數: Absolute Beginner

編舞者: Gold River (IT) - May 2005 音樂: Just Like Love - Brad Martin



GRAPEVINE RIGHT, HEEL GRIND TWICE, UNWIND SPIN

1-2-3 Right foot to right, left foot to right behind the right foot, right foot to right

4-5-6 Touch left heel forward, taking weight on the left heel twist left toe to left, left foot back beside

right foot

7-8-9 Touch right heel forward, taking weight on the right heel twist right toe to right, right foot back

beside left foot

10-11-12 Left toe cross behind right foot, turn full turn on the left

GRAPEVINE RIGHT, KNEE UP, KNEE UP TURN 1/4

13-14-15 Right foot to right, left foot to right behind the right foot, right foot to right

16-17 Left knee up moving it forward, drop left foot

18-19 Keeping weight on the left foot: turn ¼ on the left and move the right knee up, drop right foot

HIP BUMPS X 3, 1/4 TURN LEFT

20-21-22 Hip right, hip left, hip right

23 Keeping feet on the spot turn ¼ on the left

KICK BALL CHANGE TWICE, 1/2 PIVOT, HEEL TOUCH

24&25 Kick ball change (right) 26&27 Kick ball change (right)

28-29 Right foot forward, turn ½ on the left 30-31 Touch left heel forward, drop left toe

SHUFFLE, 1/2 PIVOT, KICK BALL CHANGE TWICE

32&33 Shuffle (right)

34-35 Left foot forward, turn ½ on the right

36&37 Kick ball change (left) 38&39 Kick ball change (left)

STEP, ROCKING CHAIR, 1/4 TURN STEP

40 Left step on the spot

41-42-43 Right rock forward, recover on the left foot, right rock back

44 Recover on the left foot turning ¼ on the left

Begin again