No Shoes, No Shirt

拍數: 48

級數: Improver

編舞者: Brett Jenkins (AUS) - November 2007

音樂: No Shoes, No Shirt, No Problems - Kenny Chesney

Starts after a 4 count intro with weight on the L foot

Side, Behind, Side, Cross, Side, Rock/Replace, L Side Shuffle

Step R to R side, step L behind R, step R to R side, cross L over R, step R to R side 1.2&3.4 5,6,7&8 Rock/step L back, replace weight on R, shuffle to L stepping L-R-L

Rock/Replace, Touch, HOLD, Rock/Replace, Side, 1/4 Pivot L

- 1,2,3,4 Rock/step R back, replace weight on L , touch R toes to R side, HOLD
- Rock/step R back, replace weight on L, step R to R side, 1/4 pivot turn L onto L 5,6,7,8

Cross, Touch, Cross, Touch, 1/4 R Jazz Box

- 1,2,3,4 Cross R over L, touch L toe to L side, cross L over R, touch R toe to R side
- 5,6,7,8 Cross R over L, step L back, 1/4 R and step R to R side, cross L over R (***)

Step, Lock, Step Scuff, Step, Lock, Step Scuff

1,2,3,4 Step R forward at R 45, lock L behind R, step R forward to R 45, scuff L

5,6,7,8 Step L forward at L 45, lock R behind L, step L forward to L 45, scuff R

Heel, HOLD, R Coaster, Heel, HOLD, L Coaster

1,2,3&4 Touch R heel forward, HOLD, step R back, step L together, step R forward

Touch L heel forward, HOLD, step L back, step R together, step L forward 5,6,7&8

Touch, HOLD, Together, Touch, HOLD, Together, 1/4 Monterey Turn

Touch R toe to R side, HOLD, step R together, touch L toe to L side, HOLD, step L together 1,2&3,4& 5,6,7,8 Touch R toe to R side, 1/4 R and step R together, touch L toe to L side, step L together

Restart dance from beginning.

RESTART: On wall 5 dance to count 24 (***) then restart from the beginning facing 12:00.





牆數:4