Second Steps

拍數: 32

級數: Ultra Beginner

編舞者: Lisa McCammon (USA) - June 2011

音樂: Pride & Joy - Scooter Lee

Alternate music: any evenly-phrased track in the 115-125 BPM range. This entire dance consists of alternating step, touches and teaches a 1/4 R "K" step and the charleston step using touches. Claps are optional on all touches. 32 count intro.

STEP TURNING A ¼ R

- 1-4 Step R fwd to R diag, touch L next to R, step back L to L diag, touch R next to L (open body to R in preparation for turn)
- 5-6 Turning 1/4 R [3] step R to side, touch L next to R
- 7-8 Step L to side, touch R next to L

FWD, TOUCH, 4X

- 1-4 Step fwd R, touch L next to R, step fwd L, touch R next to L
- 5-8 Repeat previous 4

BACK, TOUCH 4X

- 1-4 Step back R, touch L next to R, step back L, touch R next to L
- 5-8 Repeat previous 4

FWD, TOUCH, BACK, TOUCH (CHARLESTON) 2X

- 1-2 Step fwd R, touch L fwd
- 3-4 Step back L, touch R back
- 5-8 Repeat previous 4, ending weight on L

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牆數:4