

Plastic

拍數: 48 牆數: 4 級數: Intermediate
編舞者: K - February 2012
音樂: Gran ricetta per la plastica - Fraulein Rottenmeier : (Album: Elettronica Maccheronica)



WALKS, ¼ TURN, SIDE SHUFFLE, LOCK UNWIND,

1-2 Walk forward Rt, Lt,
3 Pivot a ¼ turn Lt and rock Rt foot to Rt side,
& Rock weight onto Lt foot,
4 Rt foot cross over Lt,
5&6 Lt side shuffle,
7-8 Rt foot cross behind Lt, unwind a ½ turn Rt,

WALKS, ¼ TURN, SIDE SHUFFLE, LOCK UNWIND,

9-16 Reverse of 1-8 (starting with Lt foot and ending with ½ turn Lt, weight on Lt)

ROCK, COASTER, ROCK, SHUFFLE,

17-18 Rt foot step forward, rock weight back onto Lt foot,
19&20 Rt coaster step,
21-22 Lt foot step forward, rock weight back onto Rt foot,
23&24 Lt shuffle back,

SIDE SWITCHES, STEP TURN HITCH, ROCKS AND LOCK,

25&26 Rt toe touch to Rt side, Rt step next to Lt, Lt toe touch to Lt side,
& Lt step next to Rt,
27 Rt foot step forward,
28 Hitch Lt knee up making a ½ turn Lt,
29-30 Lt foot step back, rock weight forward onto Rt foot,
31-32 Rock weight back onto Lt foot, lock Rt foot over the cross of Lt foot,

UNWIND, STEP, SAILORS, WALKS STEP PIVOT, SHUFFLE

33 Unwind a full turn Lt,
34 Lt step to Lt side,
35&36 Rt sailor step,
37&38 Lt sailor step,
39&40 Rt sailor step,
41-42 Walk forward Lt, Rt,
43-44 Lt step forward, pivot a ½ turn Rt,
45&46 Lt shuffle forward,

TURN STEP, POP

& Turn a ¼ turn and step Rt to side
47 Lt toe touch next to Rt,
48 Rt knee pop forward putting weight onto Lt.....
