

Gun Control

拍數: 40 牆數: 2 級數: Improver / Intermediate
編舞者: Laurie Schlekeway-Burkhardt (USA) - November 2013
音樂: Put the Gun Down - ZZ Ward



No Tags Or Restarts

A[1-8] Heel, hook, shuffle forward, rock forward, shuffle back

- 1-2 – Right heel forward, hook across left leg
- 3&4 – Shuffle forward right, left, right
- 5-6 – Rock forward on left, back on right
- 7&8 – Shuffle backwards left, right, left

B[1-8] Hip sways backwards

- 1-2 – Step right back on right foot swaying hips to the right, tap left toe shoulder-width apart
- 3-4 – Step left back on left foot swaying hips to the right, tap right toe shoulder-width apart
- 5-6 – Step right back on right foot swaying hips to the right, tap left toe shoulder-width apart
- 7-8 – Step left back on left foot swaying hips to the right, tap right toe shoulder-width apart

C[1-8] Kick and out, kick and out, sailor, ½ turn sailor

- 1&2 – Kick right foot forward, step right foot in place, touch left toe out to left side (this move should be bouncy)
- 3&4 – Kick left foot forward, step left foot in place, touch right toe out to right side (again, bouncy)
- 5&6 – Right sailor step - step right foot slightly behind left, step left foot in place, step right foot slightly forward
- 7&8 – Making a half turn, do a left sailor step – make a half turn to the left and step left slightly behind right, step right foot in place, step left foot slightly forward (now facing 6 o'clock)

D[1-8] Diagonal toe struts to the left with movement

- 1-2 – Facing approximately 4 o'clock, cross right foot over left and touch toe, step down on right foot while still crossed over the left
- 3-4 – Touch left toe out to the left, step down on the left
- 5-6 – Cross right foot over left and touch toe, step down on right foot while still crossed over the left
- 7-8 – Touch left toe out to the left, step down on the left

E[1-8] Making an eventual full turn to the left, step pivot, walk, walk, hip sway right, hip sway left

- 1-2 – Step right foot over left (3 o'clock position), pivot a half turn facing 9 o'clock, step down on left
- 3-4 – Walk right, left
- 5-8 – Make a ¼ turn now facing the back wall by stepping out with the right foot (5) and do a hip sway to the right (6), adjust weight to the left foot (7) and sway to the left (8) – it should be smooth enough to look like one fluid movement.

Start over

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Last Update – 13th Oct 2016