

Circuit

Count: 32

Wall: 0

Level:

Choreographer: Maureen Jones (UK) & Michelle Jones (UK)

Music: Cripple Creek - Jim Rast & Knee Deep



Dancers stand in a circle facing inwards

WALKS FORWARD, CLAP, WALKS BACK, CLAP

1-4 Walk forward on right, left, right, hold & clap hands at head height

5-8 Walk back on left, right, left, hold & clap hands at knee height

RIGHT, TOGETHER, RIGHT, KICK, LEFT, TOGETHER, LEFT, KICK

9-10 Step right to right, step left beside right

11-12 Step right to right, kick left across right

13-14 Step left to left, step right beside left

15-16 Step left to left, kick right across left

FORWARD, CLAP, STOMP, STOMP, BACK, CLAP, STOMP, STOMP

17-18 Step right forward, hold & clap hands forward

19-20 Stomp left back, stomp right beside left

21-22 Step left back, lean round to left and clap hands to outside of circle

23-24 Stomp right forward, stomp left beside right (facing forward toward inner circle)

RIGHT, TOGETHER, JUMP, HOLD, JUMP, HOLD, KNEE BEND

25-26 Step right to right, step left beside right

&27-28 Jump right to right, jump left beside right, hold

&29-30 Jump right to right, jump left beside right, hold

31-32 Bend both knees, straighten both knees

REPEAT
