

The Tina

Compte: 32

Mur: 2

Niveau: Beginner

Chorégraphe: Harrison Setzler

Musique: Steamy Windows - Tina Turner



VINE RIGHT, VINE LEFT

- 1-4 Step to the right on right, step left behind right, step right to the right, touch left heel to front.
5-8 Step to the left on left, step right behind left, step left to left, touch right heel to front.

WALK FORWARD ON RIGHT, KICK LEFT, WALK BACK ON LEFT

- 1-4 Walk forward on right, walk forward on left, walk forward on right, kick left foot forward.
5-8 Walk back on left, walk back on right, walk back on left, touch right beside left (keep weight on left)

FOUR 1/8 PIVOT TURNS TO LEFT

- 1-2 Touch right toe forward and turn body 1/8 turn to left (put your hips into it!)
3-4 Repeat
5-6 Repeat
7-8 Repeat

You should have complete a ½ turn to the left, and are now facing the wall that was behind you when you started. Feet should be shoulder length apart.

BUTTERFLY AND TINA TURNER SHIMMY!

- 1-4 Without moving feet, bring knees together, move knees apart, bring knees together, move knees apart.
5-8 Lean forward shaking shoulders for two counts, lean back shaking shoulders for two counts.

REPEAT
