Let's Dance



编舞者: Hilda Foo (NZ) - October 2019 音乐: Let's Dance - Chris Montez



No tags /restarts

Intro: 32 counts (start counting from the heavy drum beats. Dance starts on lyrics "Let's Dance")

Section 1: K-Steps with Claps

Step RF forward, Touch LF besides RF. Step LF back. Touch RF in front of LF
Step RF back, Touch LF in front of RF. Step LF forward. Touch RF besides LF

Section 2: Step to side. Hip Bumps (*optional: with hand stylings with shimmies)

Shift weight to the R, hip bumps (weight on right) * Point/move Left finger from R to L
Shift weight to the LF, hip bumps (weight on the left)*Point/move Right finger from L to R

Section 3: Twist (RLRLRLRL)

1-8 Twist to the right and left

Section 4: Toe Struts. 1/4 turn right Jazz box

1-4 Right Toe Strut. Left Toe strut (optional: hand stylings)

5-8 Cross RF over LF,1/4 turn R step LF back, step RF to right, step LF besides RF

**This dance is dedicated with love to my loved ones and friends for being there for me, for their support and prayers in those times when I was and still currently unwell. Despite this, I am going to enjoy doing what I like most by dancing my "stress" away.

Have fun with this dance

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