EZ Creepin' AB

拍数: 24

级数: Absolute Beginner

编舞者: Sher Mcintosh (CAN) - October 2023

音乐: Creepin' - Eric Church

No Tags, No Restarts

Section 1: R Charleston repeated Twice

- R Toe point Fwd, R foot step back, L toe point behind, L foot step down 1 - 4
- 5 8 R Toe point Fwd, R foot step back, L toe point behind, L foot step down

Section 2: Walk four times fwd while making 1 / 4 Turn Left, R Charleston

- 1 4Walk forward (RLRL) and make 1/4 turn to the left
- 5 8 R Toe point Fwd, R foot step back, L toe point behind, L foot step down

Section 3: R Step side R while making a dip (bend knees), L together (and straighten up),4 Hips (LRLR), repeat all from beginning two times

- 1 2Step R to R side (by bending knees and dipping), L together (and stand back up)
- Sway Hips LRLR rapidly (we did a lot of rapid arm motions here see demo) 3&4&
- 5-6 Step R to R side (with a dip), L foot together (stand back up)
- Sway Hips LRLR rapidly (feel free to embellish with arm movements for fun!) 7&8&

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墙数:4