拍数： 32
燷数： 4
级数：Improver
编舞者：Daniel Exton（UK）－February 2024
音乐：Five Colours In Her Hair－McFly

S1：Twist R，Clap，Twist，Clap，4x（Kick，Step）
1\＆2\＆Swivel Heels Right－Left－Right travelling Right，Clap
3\＆4\＆Swivel heels Left－Right－Left travelling Left，Clap（Weight on L）
5\＆6\＆Kick Right out，step right down，Kick Left out，step Left down
7\＆8\＆Kick Right out，step right down，Kick Left out，Step Left down（Weight on L）
＊Counts 5－8 should be done travelling slightly forward＊

S2：Mambo，Sailor $1 / 4$ ，Vaudeville
1\＆2 Right foot forward，Left foot back，Right foot back
3\＆4 Left foot behind Right with $1 / 4$ turn Left，Right to Right side，Left to Left side
5\＆6\＆Cross Right over Left，Left to Left side，Right heel to Right side，Right foot down
7\＆8\＆Cross Left over Right，Right to Right side，Left Heel to Left side，Left foot down

## S3：Toe Strut Jazzbox，Box Forward，Box Back

1\＆2\＆Toe strut Right over Left，Right foot down，Toe strut Left foot back，Left foot down
3\＆4\＆Toe strut Right to Right side，Right foot down，Toe strut Left over Right，Left foot down
5\＆6 Right to Right side，Left next to Right，Right foot forward
7\＆8 Left to Left side，Right next to Left，Left foot back

S4：Touch，Back，Touch，Back，Rock Back，Recover，Heel，Step，2x（Walk x2，Heel，Step）
1\＆2\＆Touch Right to Right side，Right foot back，Touch Left to Left side，Left foot back
3\＆4\＆Rock back on Right foot，Recover onto Left，Right heel forward，Right foot down
5\＆6\＆Walk forward Left，Right，Left heel forward，Left foot down
7\＆8\＆Walk forward Right Left，Right heel forward，Right foot down

## Restarts：

－28 counts into Wall 1
－4 counts into Wall 7

