

Ghostbusters

拍数: 32 墙数: 2 级数: Beginner
编舞者: GoWildWest Isabel (CH) - March 2024
音乐: Ghostbusters - Ray Parker Jr.



We can dance with Options !

S 1: 4x Walk / Back / Coaster Step

1,2,3,4 Walk fwd: RF, LF, RF, LF

Option Camel Walks

1,2,3,4 Optional : Walk like a Camel ;) RF step and LF only toe is tippin the ground. Then

Change and LF step and RF is tippin. Do this jerky

5&6 RF rock fwd, weight on LF, RF step back

7&8 LF step back, RF close, LF step fwd

S 2: Side Rock, Behind Side Cross / Side Rock, Coaster Turn

1, 2 RF rock right, weight on LF

Option Hop, Hold

1, 2 hop right, weight on LF

3&4 RF cross behind, LF left, RF cross infront

5, 6 LF rock left, weight on RF

Option Hop, Hold

5, 6 hop left, weight on RF and LF kick

7&8 turn ¼ L and LF step back, RF close, LF fwd

Option Ghoster Turn

7,(&) 8 hold, hop fwd or optional (&) one hop more

S 3: Chasse R / Chasse L

1&2 RF right, LF close, RF right

3, 4 LF rock back, weight on RF

5&6 LF left, RF close, LF left

7, 8 RF rock back, weight on LF

S 4: Side Touch / ¼ Side Touch / Walk Around

1, 2 RF right, LF touch (Bodyroll)

3, 4 turn ¼ L and LF left, RF touch (Bodyroll)

5-8 Walk around yourself: RF, LF, RF, LF

Option Unwind Turn

5-8 RF cross infront and turn slowly a fullturn

Last Update: 15 Apr 2025