

Kay Kay

拍数: 64 墙数: 1 级数: Improver
编舞者: Kay Dorsey (USA) - January 2025
音乐: Pride and Joy - Marvin Gaye
或: Come Get to This - Marvin Gaye
或: Brown Sugar - The Rolling Stones
或: Feather - Sabrina Carpenter



Lindy Right, Lindy Left

1&2 3,4 Shuffle RLR to right side, Rock back on L behind R, recover forward on R
5&6 7,8 Shuffle LRL to left side, Rock back on R behind L, recover forward on L

Shuffle Forward, Shuffle Back

1&2 3,4 Step forward on R, close L (&), Step forward on R, Rock F on L, Recover on R
5&6 7,8 Step back on L, close R (&), Step back on L, Rock F on R, Recover on L

Shuffle Forward, ½ Pivot Right, Sway: Left ,Right, Left, Right

1&2, 3,4 Step forward on R, close L (&), Step forward on R, Step forward on R and ½ Pivot to R
5,6,7,8 Sway hips L R L R

Vine Left, Vine Right

1,2,3,4 Step L to left side, Step R behind L, Step L to left, Touch R next to L
5,6,7,8 Step R to R side, Step L behind R, Step R to right, Touch L next to R

Kick Ball Change 3X, Heel Twist Right

1&2 Kick R forward, (&)step onto ball of R, lift L slightly, recover on L,
3&4 Kick R forward, (&)step onto ball of R, lift L slightly, recover on L,
5&6 Kick R forward, (&)step onto ball of R, lift L slightly, recover on L,
7,8 On balls of both feet, twist heels to L, Center, while turning body to R (45 degree angle)

Kick Ball Change 3X, Heel Twist Right

1&2 Kick R forward, (&)step onto ball of R, lift L slightly, recover on L,
3&4 Kick R forward, (&)step onto ball of R, lift L slightly, recover on L,
5&6 Kick R forward, (&)step onto ball of R, lift L slightly, recover on L,
7,8 On balls of both feet, twist heels to L, Center, while turning body to R (45 degree angle)

¼ Turning Jazz Box 2X

1,2,3,4 Cross R over L, Step L Back, ¼ turn stepping R to R side, Step L next to R
5,6,7,8 Cross R over L, Step L Back. ¼ turn stepping R to R side, Step L next to R

Rocking Chair 2X

1,2,3,4 Rock R forward, Rock R back
5,6,7,8 Rock R forward, Rock R back
