Kool Kats



拍数: 0 墙数: 4 级数: Intermediate

编舞者: Danny Smith (SCO) 音乐: Its Ok - Atomic Kitten



Sequence: A, B, TAG, A, B, TAG, A (counts 1-32), B, A

PART A

SUGAR PUSH STEPS, RIGHT SHUFFLE, LEFT COASTER

1-4 Touch right toe to left instep, touch right heel to left instep, cross right foot over left, touch left

foot to right instep, touch left heel to right instep, cross left over right

5&6 Shuffle back right, left, right

7&8 Left coaster step

RIGHT ¼ TURN SHUFFLE, LEFT ½ TURN SHUFFLE, POINT CROSSES

9&10 Make ¼ turn right shuffle forward, right, left, right 11&12 Make ½ turn left, shuffle forward left, right, left

13-16 Point right foot out to side, cross over left foot, point left foot out to side, cross over right foot

17-32 Repeat steps 1-16

SYNCOPATED WEAVE, ROCK AND CROSS, LEADING WITH THE RIGHT THEN THE LEFT

33& Step right to right side, cross step left behind right 34& Step right to right side, cross step left over right

35&36 Rock to right side, recover onto left in place, cross step right over left

37& Step left to left side, cross step right behind left 38& Step left to left side, cross step right over left

39&40 Rock to left side on left, recover onto right in place, cross step left over right

SYNCOPATED TURNS, FULL TURN PIVOT TURN, LEFT COASTER

Stepping onto right, turning ½ turn to left, right, left, right Stepping onto left, turning ½ turn to right, left, right, left

45&46 Two right pivot turns left

47&48 Left coaster step

PART B

1 FULL PADDLE TURN LEFT WITH HITCHES

1-4 Touch right to right side, hitch right knee as you turn ¼ turn left, touch right to right side, hitch

knee as you turn 1/4 left, repeat another twice

1 FULL PADDLE TURN RIGHT WITH HITCHES

5-8 Touch left to left side, hitch left knee as you turn ¼ turn right, touch left to left side, hitch left

knee as you turn 1/4 turn right, repeat another twice

SYNCOPATED CROSS ROCKS, SYNCOPATED JUMP, HIP BUMPS

9&10 Rock right to right side, cross right over left 11&12 Rock left to left side, cross left over right &13-14 Jumping back right, left, hold for one count

15-16 Bump hips right, left

17-32 Repeat steps 1-16 starting with left

TAG

ROCKS, SYNCOPATED WEAVE, ROCKS, 1/4 TURN COASTER

1-2 Rock to right side, rock to left side

3&4 Cross right behind left, step left to left side, cross right in front of left

5-6 Rock to left, rock to right side

7&8 Turn ¼ turn as you step back on left, step right next to left, step left forward