

Let's Talk

拍数: 48 墙数: 4 级数:
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音乐: Must've Had a Ball - Alan Jackson



HIP BUMPS, CLAPS

- 1 Bump hips to the right
- 2 Bring hips back to center
- 3-4 Hold and clap hands twice
- 5 Bump hips to the left
- 6 Bring hips back to center
- 7-8 Hold and clap hands twice

DIAGONAL STEP-SLIDE, STEP, SCUFF, DIAGONAL STEP-SLIDE, STEP, TOUCH

- 9 Step forward and diagonally to the right on right foot while extending arms forward
- 10 Slide left foot up next to right and step while pulling arms back to chest
- 11 Step forward and diagonally to the right on right foot while extending arms forward
- 12 Scuff left foot forward and clap hands
- 13 Step forward and diagonally to the left on left foot while extending arms forward
- 14 Slide right foot up next to left and step while pulling arms back to chest
- 15 Step forward and diagonally to the left on left foot while extending arms forward
- 16 Touch right toe next to left foot and clap hands

TOE TOUCHES, TOE-HEEL STRUTS

- 17 Touch right toe to the right
- 18 Touch right toe next to left foot
- 19 Touch right toe to the right
- 20 Drop right heel down onto floor in place
- 21 Touch left toe next to right foot
- 22 Touch left toe to the left
- 23 Touch left toe next to right foot
- 24 Drop left heel down onto floor in place

SHUFFLES, TURNING SAILOR SHUFFLE

- 25&26 Shuffle forward (left-right-left)
- 27&28 Shuffle sideways to the right (right-left-right)
- 29&30 Shuffle backwards (left-right-left)
- 31 Cross right foot behind left and step making a ¼ turn to the right with the step
- & Step slightly to the left on left foot
- 32 Step right foot next to left

TOE SWIVELS, SIDE STEP LEFT, SHOULDER SHIMMIES, RIGHT KICK-BALL TOUCH

- 33 Swivel toes to the right
- 34 Swivel toes to the left
- 35 Step to the left on left foot and begin to shimmy shoulders
- 36-37 Continue to shimmy shoulders while dragging right foot over next to left
- 38 Complete shoulder shimmies and touch right foot next to left
- 39 Kick right foot forward
- & Step on ball of right foot next to left
- 40 Touch left toe next to right foot

KICK, COASTER, SIDE STEP RIGHT, SHOULDER SHIMMIES

- 41-42 Kick left foot forward twice
- 43 Step back on left foot
- & Step right foot next to left
- 44 Step forward on left foot
- 45 Step to the right on right foot and begin to shimmy shoulders
- 46-47 Continue to shimmy shoulders while dragging left foot over next to right
- 48 Complete shoulder shimmies and step left foot next to right

REPEAT
