

# Locomotion

拍数: 44      墙数: 4      级数: Improver  
编舞者: Nancy Morgan (USA)  
音乐: The Loco-Motion - Kylie Minogue



## STEP, STOMP, KICK-BALL-CHANGE, ¼ TURN WITH TOE TOUCHES

- 1-2      Step left foot forward, stomp right foot next to left  
3&4      Kick-ball change - kick right foot forward, step right foot down as you left your left foot, set left foot down  
&      Lift your knee so that your knee slightly crosses your right  
5      Then touch right foot down  
&6&7&      Repeat this 3 more times (as you do these you will make a ¼ turn to your left)  
8      Stomp right foot at an angle towards your right (this is to prepare for the sailor shuffles)

## 2 SAILOR SHUFFLES

- 1&2      Step left behind right, step right out to right side, step left foot forward  
3&4      Step right behind left, step left out to left side, step right foot forward

## ½ VINE LEFT, JUMP OUT, CLAP, SWING HIPS FROM RIGHT TO LEFT, RIGHT TO LEFT

- 1-2&3-4      Step left foot out and slightly forward, step right behind, jump out quickly - left then right, clap (feet should be shoulder width apart)  
5-6-7-8      Swing hips to right, then left, then right, stomp left next to right

## 2 MONTEREYS

- 1-2-3-4      Put right toe out to right side, swing right foot around ½ turn to right and put right foot next to left, put left toe out to left side, put left foot next to right  
5-6-7-8      Put right toe out to right side, swing right foot around ½ turn to right and put right foot next to left, put left toe out to left side, touch left foot next to right

## JUMP FORWARD, CLAP, REPEAT, JUMP BACK, CLAP, REPEAT

- &1-2      Hop forward with feet shoulder width apart, hopping left, right, clap  
&3-4      Hop forward with feet shoulder width apart, hopping left, right, clap  
&5-6      Hop back with feet shoulder width apart, hopping left, right, clap  
&7-8      Hop back with feet shoulder width apart, hopping left, right, clap

## SIDE SHUFFLE LEFT, ROCK STEP, SIDE SHUFFLE RIGHT, ROCK STEP

- 1&2-3-4      Side shuffle left (left, right, left) rock back on right and forward on left  
5&6-7-8      Side shuffle right (right, left, right) rock back on left and forward on right

## REPEAT