Okra Or Pure Genius! (Take Your Pick!)

级数: Improver 拍数: 32 墙数: 4

编舞者: Chris Peel (UK)

音乐: Rad Gumbo - The Dean Brothers



HEEL-TOE TOUCHES, MAMBO ROCK, TOE-HEEL TOUCHES, MAMBO ROCK

| 1&2 | Touch right heel forward - touch right toe back, touch right heel forward |
|-----|---|
| 3&4 | Rock right forward - rock weight back onto left, step right beside left |
| 5&6 | Touch left toe back - touch heel forward, touch left toe back |
| 7&8 | Rock left to side - rock weight onto right, step left beside right |

FORWARD-HITCH, FORWARD, MAMBO ROCKS

| 9&10 | Step right forward - hop right while hitching left, step left forward |
|-------|---|
| 11&12 | Rock right forward - rock weight back onto left, step right beside left |
| 13&14 | Step left back - hop left while hitching right, step right back |
| 15&16 | Rock left back - rock weight forward on right, step left beside right |

| PIVOT 1/2 TURN LEFT, TWISTS INTO CENTER, PENDULUM SWING, KICK-BALL 1/4 TURN LEFT | | |
|--|-------|--|
| | 17&18 | Step right forward into pivot ½ turn left - step weight on left beside right, side step right (shoulder width apart) |
| | 19&20 | Moving towards center: heels in - toes in, feet together (toes facing forward) |
| | 21&22 | (With a swing) point right toe to side - step right back to place while pointing left toe to side, point right to side |
| | 23&24 | Kick right forward - step right beside left, step ¼ turn left |

SIDE TOUCH-TWIST RIGHT, TAP-KICK, STEP/CLAP, SIDE TOUCH-TWIST LEFT, TAP-KICK, STEP/CLAP

25&26 Touch right to side taking weight on ball of feet - twist to right, twist to center switching weight

While twisting right, arms at shoulder level: left bent above chest, right stretched out to side, palms down, all fingers pointing right. While twisting back to center, arms as before

27&28 Tap right beside left - kick right forward, step right beside left/clap

29&30 Touch left to side taking weight on ball of feet - twist to left, twist to center switching weight to

right

While twisting left, arms at shoulder level: right bent above chest, left stretched out to side, palms down, all fingers pointing left. While twisting back to center, arms as before

31&32 Tap left beside right - kick left forward, step left beside right/clap

REPEAT