

Sits

拍数: 72 墙数: 2 级数: Intermediate
编舞者: Viola Rensen (NL)
音乐: Spirit In the Sky - Gareth Gates



- 1&2 Left foot, kick forward, left foot, step on ball of foot shifting weight on to right foot
3-4 Left foot step forward toe-heel (snap fingers to the right)
5-6 Right foot step forward toe-heel (snap fingers to the left)
7 Left foot step next to right foot - stretching right arm forward (palm facing forward and fingers upwards)
8 Stretch left arm forward matching right arm

1-4 keep arms stretched forward

- 1 Drop head to right shoulder while twisting, (waving) both hands to the right
2 Sway head over to left. Shoulder while twisting both hands to the left
3 Sway head over to right shoulder while twisting both hands to the right
4 Sway head over to left shoulder while twisting both hands to the left
5-8 Place right hand in front of chin and left hand on right hip, and in one movement

Styling:

- 5 "Pull" chin to the right (this tilts head sideways, head stays facing forward) and bump hips to the left, sliding left hand to the left hip
6 Return head & right. Hand to center and slide the left hand back to the right hip
7-8 Repeat 5-6

TURN 1 ¼

- 1 Right foot step ¼ to right
2 Pivot ¼ turn right on right foot stepping left foot to left side
3 Pivot ½ turn right on left foot stepping forward on right foot
4 Pivot ¼ turn right on right foot stepping left foot next to right foot (3:00)
5 Left foot step diagonally forward left, stretching both arms diagonally forward in same direction
Fingers are interlocked and palms face forward
6 Hitch right knee diagonally left and pull both arms to the body
7 Step right foot in place, stretching both arms diagonally forward left fingers still interlocked and palms facing forward
8 Place right. Arm on back of neck & left hand on left hip (keep the hands on this position for the next 3 counts)
- 1 Bring left. Knee diagonally up and bring right elbow to the left knee (bending body a little)
2 Step left foot back in place, weight remains on right foot
3 Bring left. Knee diagonally up and bring right elbow to the left knee (bending body a little)
4 Step left foot back in place keeping weight on right foot
5 Sway hips to left side swinging both hands up towards opposite shoulders (right arm in front of left arm)
6 Sway hips to right side bringing arms back to sides
7 Sway hips to left side swinging both hands up towards opposite shoulders
8 Place both hands on front of their respective hips

- 1&2 Step right foot. Behind left foot, step left foot to the left, step right foot to the right
3&4 Step left foot behind right foot. Step right foot to the right, step left foot to the left
5&6 Step right foot forward, close left foot to right foot, step right foot forward
7&8 Step left foot forward, close right foot to left foot, step left foot forward

- 1 Right foot step forward
 - 2 Pivot ½ turn left
 - 3&4 Step right foot forward, close left foot to right foot, step right foot forward
 - 5&6 Step left foot forward, close right foot to left foot. Step left foot forward
 - 7 Step right foot next to left foot, bending and slapping both knees
 - 8 Straighten up and place both hands back, to front of hips
-
- 1 Left foot point to left side
 - 2 Hold
 - &3 Replace left foot & point right foot to right side
 - 4 Hold
 - 5 Right foot step forward
 - 6 Pivot ½ turn left
 - 7 Right foot step forward
 - 8 Pivot ½ turn left
-
- 1 Right foot step diagonal forward to the right - push the right arm diagonally up to the right (keep the arm high)
 - 2 Left foot step diagonally forward to the left - push the left arm diagonally up to the left (both arms are now up)
 - 3 Bring both hands to the hips (left on left / right on right)
 - 4 Push the right arm diagonally up to the right and place left hand on right shoulder
 - 5-8 Bending knees a little bounce lightly through them 4 times
-
- 1&2 (While turning body slightly to the right) sweep the right arm, to the right in a circle (down - up - down) ending with a slap to back of right thigh
 - 3& Right foot kick forward, right foot step on ball of foot
 - 4 Left foot cross over right foot
 - 5 Right foot step to the right side, bending right arm up with stretched open hand, and left arm with stretched open hand down alongside body
 - 6 Swiveling on heels, swivel toes & knees inwards, bending left arm up with stretched open hand, and right arm with stretched open hand down alongside body
 - 7 Swiveling on heels, swivel toes & knees outwards, bending right arm up with stretched open hand, and left arm with stretched open hand down alongside body
 - 8 Swiveling on heels, swivel toes & knees inwards, bending left arm up with stretched open hand, and right arm with stretched open hand down alongside body

REPEAT
