

Swivelled Up

拍数: 32 墙数: 0 级数:
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音乐: Bad for Good - Deryl Dodd



STOMP HOLDS, HEELS, BEND, SWIVEL TOES

- 1-2 Stomp forward left, hold (put some bounce into it)
- 3-4 Stomp right next to left, hold (put some bounce into it) (leaving weight on left)
- 5-6 Swivel right heel to right, swivel left heel to right (taking weight on heels)
- 7-8 Bend at knees, raising elbows up and out to sides, swivel toes to right, lowering arms

SWIVELS

- 9-10 Swivel toes to left, swivel heels to left
- 11&12 Swivel heels to right, swivel heels to left, swivel heels to right
- 13-14 Swivel heels to left, swivel toes to left
- 15&16 Swivel heels to right, swivel heels to left, swivel heels to center

KICK, SIDE, STEPS, KICK, FORWARD LOCK STEPS, PIVOT TURNS

- 17& Kick right foot forward, step right next to left
- 18& Step left to left, step right in place
- 19& Kick left forward, step left next to right
- 20& Step right to right, step left in place
- 21& Kick right forward, step right forward kicking left behind right
- 22& Lock step left behind right, raising right over left, step right forward
- 23-24 Step left forward, pivot ½ right, placing weight on left

STEP PIVOT, ¼ RIGHT BUMPS, STEPS, HITCH

- 25-26 Step right back, pivot ¼ right
- 27& Bump right, bump left
- 28& Bump right, bump left
- 29-30 Step right forward, clap
- &31-32 Step left next to right, step right forward, hitch left next to right

REPEAT
