

拍数: 32 墙数: 2 级数:
编舞者: Laurel Curtiss (USA)
音乐: Turn Off the Light - Nelly Furtado



Happy "16" Whitney, Lindsey and Rachael

SHUFFLE FORWARD, SHUFFLE FORWARD, JUMPING JACKS, SCUFF-HITCH-STOMP

- 1&2 Left foot step forward, right foot step forward next to left foot, left foot step forward
3&4 Right foot step forward, left foot step forward next to right foot, right foot step forward
5& Jump with your feet apart, making a ¼ turn left, jump feet together
6& Jump with your feet apart-back to face front (¼ right), jump back with feet together, weight ending on right foot
7&8 Scuff left foot forward, hitch left knee, stomp down on left foot with weight
Option: instead of jumping-jacks for counts 5&6&, step forward on left foot, rock back onto right foot, touch left foot next to right

SHUFFLE FORWARD, SHUFFLE FORWARD, JUMPING JACKS, SCUFF-HITCH-STOMP

- 1&2 Right foot step forward, left foot step toward next to right foot, right foot step forward
3&4 Left foot step forward, right foot step forward next to left, left foot step forward
5& Jump with your feet apart making a ¼ turn right, jump feet together
6& Jump with your feet apart-back to face front (¼ left), jump back with feet together, weight ending on left foot
7&8 Stuff right foot forward, hitch right knee, stomp down on right foot with weight
Options: instead of jumping jacks for counts 5&6&, step forward on right foot, rock back onto left foot, touch right foot next to left

MOONWALK BACK, MONTEREY TURN

- 1 Pop left knee, step right foot back
2 Pop right knee, step left foot back
3 Pop left knee, step right foot back
4 Pop right knee, step left foot back
5-6 Touch right toe to right side, push against right inner edge and pivot on ball of left foot ½ turn right. Right foot steps beside left for count 6
7-8 Toes of left foot touch to the left side, step beside right

SIDE RIGHT SHIMMY, SIDE RIGHT SHIMMY, KNEE BOUNCE DOWN UP SLAP, CLAP, SNAP

- 1-2 Right foot step to the side and shimmy shoulders as left foot drags next to right
3-4 Repeat 1-2, ending with weight centered on both feet
5-6 Bending both knees, bounce down for count 5 and back up to straight position for count 6 (rest palm of hands on knees while bouncing down)
7&8 Slap both hands on thighs, clap & snap

REPEAT