

Zip Up

拍数: 32 墙数: 4 级数: Beginner
编舞者: Mary Kelly (UK)
音乐: Cut Me Off - Perfect Stranger



- 1-2 Step forward diagonally right on right foot, slide left foot beside right foot
- 3 Step forward diagonally right on right foot
- 4 Hop slightly on right foot, at the same time hitch left knee and click fingers of both hands at shoulder height
- 5-6 Step forward diagonally left on left foot, slide right foot beside left foot
- 7 Step forward diagonally left on left foot
- 8 Hop slightly on left foot, at the same time hitch right knee and click fingers of both hands at shoulder height

STEP, TOUCH, STEP, KICKS

- 9-10 Step right on right foot, touch left foot beside right foot
- 11 Step left on left foot
- 12 Kick right foot across front of left leg, at the same time clap once
- 13-16 Repeat counts 9-12

WALK BACK, TOUCH, WALK FORWARD, QUARTER TURN, TOUCH

- 17-18-19 Walk back diagonally right on a right, left, right
- 20 Touch left toe back, at the same time slap right hand on right buttock and left hand on left buttock
- 21-22 Walk forward diagonally left on a left, right
- 23 Step quarter turn left on left foot
- 24 Touch right toe to right side, at the same time slap right hand on right hip and left hand on left hip

STOMP, STOMP, KICK, STOMP, KICK, HOOK, KICK, STOMP

- 25-26 Stomp right foot beside left foot twice
- 27 Kick right foot forward
- 28 Stomp right foot beside left foot
- 29 Kick left foot forward
- 30 Hook left heel in front of right knee
- 31 Kick left foot forward
- 32 Stomp left foot beside right foot

REPEAT
