

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Happy DanSa
音乐: Let's Work It Out - Raghav



STEP BACK & TOUCH, CROSS SHUFFLE, ½ TURN RIGHT CROSS SHUFFLE, FULL TURN LEFT TRIPLE IN PLACE

- 1&2 Step right foot back, bend body back, touch left toe in front of right foot (rolling both hands in front of body)
- &3&4 Raise body, cross left foot over right foot, step right foot to right, cross left foot over right foot (left arm across front of body, left palm facing up, right arm straight up, right palm above left palm - pulse wrist in twice)
- &5&6 ½ turn right, cross right foot over left foot, step left foot to left, cross right foot over left foot (right arm across front of body, right palm facing up, left arm straight up, left palm above right palm - pulse wrist in twice)
- 7&8 Full turn left triple left-right-left (left arm across front of body, right arm straight up - twist both wrists around) (6:00)

BIG STEP RIGHT, LEFT FOOT BESIDE RIGHT FOOT, HIP BUMPS

- 1-2 Right foot big step to right, step left foot (no weight) beside right foot (circle both arms to close palms together as in prayer)
- &3&4& Bump hips left-right-left-right-left (lower knees)
- 5-6 Right foot big step to right, step left foot (no weight) beside right foot (circle both arms to close palms together as in prayer)
- &7&8& Bump hips left-right-left-right-left (lower knees) (6:00)

TOE, HEEL, ½ TURN RIGHT TRIPLE, TOE, HEEL, ¾ TURN LEFT TRIPLE

- 1-2 Touch right toe to right (open arms, look down at right toe), cross right heel over left foot (cross palms in front of body, look down at right heel)
- 3&4 ½ turn right triple right-left-right (open arms w/palms facing up beside shoulder) (12:00)
- 5-6 Touch left toe to left (open arms, look down at left toe), cross left heel over right foot (cross palms in front of body, look down at left heel)
- 7&8 ¾ turn left triple left-right-left (open up palms to face up beside shoulder) (3:00)

SHIMMY. ½ TURN RIGHT SAILOR, ¼ LEFT, ¼ RIGHT, ¼ LEFT, ¼ RIGHT

- 1-2 Step right foot forward diagonally right & shimmy, slide left foot beside right foot
- 3&4 Cross right foot behind left foot, ½ turn right & step left foot beside right foot, step right foot forward (9:00)
- 5-6 ¼ turn left stepping left foot forward (left hand straight forward with palm facing down, right hand beside body with fingers pointing down), ¼ turn right stepping right foot beside left foot (turn both palms up)
- 7-8 Repeat 5-6, ending with right foot stomp (no weight) next to left foot

REPEAT