拍数: 32

级数: Improver

编舞者: Leonie Smallwood (AUS)

音乐: How Sweet It Is - Michael Bublé

TWISTY WALKS, CROSS BACK, HIPS

- 1-2-3-4 Walk forward right, left (twisting hips as you walk), twist 1/4 turn left to touch right toe in front of left. hold
- 5-6-7-8 Step right across in front of left, step left to left side, step right across in front of left, step left to left side
- Turn ¼ right (on left foot) to tap right toe behind, stomp right to right side, hold, hold 1-2-3-4
- 5-6-7-8 Swing hips right, left, right, left

BOX SHUFFLES

- 1&2-3&4 Step right to right side, step ball of left beside right, step right to right side (side shuffle right), turn ¼ right (on right) to step left to left side, step ball of right beside left, step left to left side (side shuffle left)
- 5-6-7&8 Step right across in front of left, step left back, turn 1/4 right (on left) to step right to right side, step ball of left beside right, step right to right side (side shuffle right)

CHORUS KICKS & KICK-BALL-CHANGE

- 1-2-3-4 Kick left across right, step left beside right, kick right across left, step right beside left
- 5-6-7&8 Kick left across right, step left beside right, kick right across left, step ball of right beside left, step left in place (right kick-ball-change)

Cheesy styling tip - hold your arms out to the sides and turn your head with each kick

CROSS ROCK & SHUFFLE

- Step/rock right across in front of left, rock return weight to left, step right to right side, step 1-2-3&4 ball of left beside right, step right to right side (side shuffle right)
- 5-6-7&8 Step/rock left across in front of right, rock return weight to right, step left to left side, step ball of right beside left, step left to left side (side shuffle left)

TWISTY CHARLESTON

- 1-2-3-4 Twist right hip forward to touch right toe forward, untwist hips to step right beside left, twist left hip back to touch left toe back, untwist hips to step left beside right
- Twist right hip forward to touch right toe forward, untwist hips to step right beside left, twist 5-6-7-8 left hip back to touch left toe back, untwist hips to step left beside right

REPEAT





墙数: 2