Hootchie Koochie

拍数: 32

级数: Improver west coast swing

编舞者: Rick Bates (USA) & Deborah Bates (USA)

音乐: She's a Bad Mama Jama - Carl Carlton

FORWARD WALK, TOE TOUCHES, FORWARD SHUFFLE, TO THE RIGHT MILITARY PIVOT Step forward on right foot; step forward on left foot 1-2 3-4 Touch right toe forward; touch right toe back 5&6 Shuffle forward (right, left, right) 7-8 Step forward on left foot; pivot 1/2 turn to the right on ball of left foot and shift weight to right foot SYNCOPATED SIDE GALLOPS, STOMP, HOLD, BODY ROLL, LEAN BACK 9& Jump to the left on left foot; jump right foot next to left Jump to the left on left foot; jump right foot next to left 10& 11& Jump to the left on left foot; jump right foot next to left 12 Jump to the left on left foot 13-14 Stomp forward on right foot; hold and clap hands &15 Push buttocks back as you begin to bend knees; push pelvis forward and up as you begin to straighten knees 16 Stand upright and lean back onto left foot in place SYNCOPATED SIDE GALLOPS, STOMP, HOLD, BODY ROLL, LEAN FORWARD 17& Jump to the right on right foot; jump left foot next to left 18& Jump to the right on right foot; jump left foot next to left 19& Jump to the right on right foot; jump left foot next to left 20 Jump to the right on right foot 21-22 Stomp forward on left foot; hold and clap hands &23 Push buttocks back as you begin to bend knees; push pelvis forward and up as you begin to straighten knees 24 Stand upright and lean forward onto left foot in place MILITARY PIVOTS TO THE LEFT, CHARLESTON 25-26 Step forward on right foot; pivot 1/2 turn to the left on ball of right foot and shift weight to left foot 27-28 Step forward on right foot; pivot 1/2 turn to the left on ball of right foot and shift weight to left foot 29-30 Swing right foot around and touch in front of left foot; swing right foot around and step back on right foot 31-32 Swing left foot around and touch left foot back; swing left foot around and step forward on left foot

REPEAT





墙数: 2