Feelin' Gumbo



拍数: 32 墙数: 4 级数:

编舞者: Jodi Page (AUS)

音乐: Jambalaya - Led Loader & The Barrels



1-4 (With both knees bent) touch right toe forward, touch right toe at 45 degrees forward, touch

right toe to right, step onto right foot turning 1/4 turn right

5-8 (With both knees bent) touch left toe forward, touch left toe at 45 degrees forward, touch left

toe to left, step onto left foot turning 1/4 turn left

These above 8 counts are done in an arch like circle with the feet, your body will tend to move with the feet before you actually step onto the foot to turn 1/4 turn from the original wall

9&10 &11&12 13-16	Kick right foot forward, ball change right-left (Traveling left) step right behind left, step left to left, step right behind left, step left to left Paddle turns: step right forward, step onto left turning ¼ turn left, step right forward, step onto left turning ¼ turn left
17-18	Tap right toe back, scuff right foot forward
19&20 21&22	Turning ½ turn right, step on right, step on left, step on right (turning cha-cha on the spot) Shuffle forward left-right-left
23-24	Step right to across left, unwind ½ turn left (end weight on right)
25&26	Step left back, step right back beside left, step left forward (coaster step)
27-28	Step right forward, step left forward
&29	Step right forward, step left forward (done in a gallop motion)
30	Turning ¼ turn left step right foot forward
31-32	Shimmy shoulders

REPEAT