

Dance!

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Nancy Morgan (USA)
音乐: Canned Heat - Jamiroquai



HOP FORWARD WITH FEET APART, LIFT HEELS, SET DOWN, LIFT HEEL, SET DOWN,, 2 SAILOR SHUFFLES

- &1 Hop forward left then right with feet shoulder width apart (put both hands out a little higher than waist high with palms facing forward)
- 2 Lift both heel off the floor so that you are on your toes (put both hands down so that fingers are pointing to the floor)
- 3 Drop both heels to floor apart (put both hands out a little higher than waist high with palms facing forward)
- 4 Lift both heel off the floor so that you are on your toes (put both hands down so that fingers are pointing to the floor)
- 5&6 Sailor shuffle - step left behind right, step right to right side, step left to left and slightly forward
- 7&8 Sailor shuffle - step right behind left, step left to left side, step right to right and slightly forward

STEP SLIGHTLY FORWARD WITH SLIGHT LEAN, KICK, COASTER STEP, CHARLESTON KICKS

- 1-2 Step slightly forward with all your weight on your left as you bend both legs (put left hand down so that fingers are pointing to the floor), kick left foot slightly forward (lift left hand up so that palms are facing forward)
- 3&4 Coaster step - step back on left, back on right, step forward on left
- 5-6 Step right foot forward, kick left foot forward
- 7-8 Step back on left, touch right foot back

½ TURN, HOP FORWARD AND WIGGLE UP AND DOWN, VINE LEFT, CLAP TWICE

- 1 Turn ¼ turn to right
- &2 Hop forward - left then right
- &3&4 Wiggle hips down and up (put hands down by both sides and snap fingers on the up motion, as you wiggle up and down start to lean slightly to right)
- 5-6-7&8 Vine left - step left foot to left side, step right behind left, step left to left side, clap twice

ROLLING VINE RIGHT, TOUCH SIDE AND SIDE, CROSS, UNWIND

- 1-2-3-4 Rolling vine to right (end with weight on left)
- 5&6 Touch right toe to right side, step right next to left as you touch left toe to left side
- &7-8 Touch left next to right and you cross right over left, unwind ½ turn to your left ending with your weight on both feet

REPEAT