

Count To 10

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Johnny Montana (USA)
音乐: Count To 10 - Beth Anne Clayton



SIDE ROCK, STEP, CHA-CHA

1-2 Rock to right side onto right foot, step (replace) onto left foot
3&4 Cha-cha in place right, left, right

SIDE ROCK, STEP, CHA-CHA

5-6 Rock to left side onto left foot, step (replace) onto right foot
7&8 Cha-cha in place left, right, left

ROCK, STEP, SHUFFLE BACKWARDS

9-10 Rock forward onto right foot, step back onto (replace) left foot
11&12 Shuffle backwards right, left, right (step back onto right foot, slide left foot back next to right, step back onto right foot)

KICK, PIVOT, SHUFFLE FORWARD

13-14 Kick left foot back, pivoting on right foot make a ½ turn to left
15&16 Shuffle forward left, right, left (step forward onto left foot, slide right foot up next to left, step forward onto left foot)

ROCK, STEP, SHUFFLE BACKWARDS

17-18 Rock forward onto right foot, step back onto (replace) left foot
19&20 Shuffle backwards right, left, right (step back onto right foot, slide left foot back next to right, step back onto right foot)

KICK, PIVOT, SHUFFLE FORWARD

21-22 Kick left foot back, pivoting on right foot make a ½ turn to left
23&24 Shuffle forward left, right, left (step forward onto left foot, slide right foot up next to left, step forward onto left foot)

STAMP, CLAP, FORWARD JAZZ JUMP, DOUBLE CLAP

25-26 Stamp right foot next to left, hold for one beat and clap hands
&27&28 Step out to left and forward onto left foot, step onto right foot opposite left about a foot apart, clap hands twice

CROSS, UNWIND, HIP BUMPS

29-30 Cross right foot over left distributing weight evenly to both feet, bending at knees and pivoting on the soles of both feet make a ½ turn to left and bump hips to right
31&32 Bump hips to left, bump hips to right, bump hips to left

TURN, HOLD WITH CLAP, SYNCOPATED STEPS, HOLD WITH CLAP

&33-34 Pivoting on sole of left foot make a ¼ turn to left and step to right side onto right foot, hold for one beat and clap hands
&35-36 Step onto left foot next to right, step to right side onto right foot, hold and clap hands

ROCK, STEP, LEFT COASTER STEP

37-38 Rock forward onto left foot, step back onto (replace) right foot
39&40 Step back onto left foot, step onto sole of right foot next to left, step forward onto left foot

REPEAT
