

Chopstix & Mucket

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Amanda Delisle (USA) & Erin McLellan
音乐: Fighter - Christina Aguilera



KICK OUT OUT, KNEE BENDS, ¼ TURN, BODY ROLL

- 1&2 Kick right forward pushing hands out in front of you, step right out to right side bringing hands back to chest, step left shoulder width apart from right bringing hands down to sides
- 3&4 Bend right knee in, out, in, following knee with right hand
- 5-6 Step ¼ turn to right with right foot, step left shoulder width apart from right
- 7-8 Body roll down, angling body slightly to right corner, weight ending on left

PRESS WITH SHOULDER BOUNCES, SAILOR STEP, HITCH, TOUCH, FULL TURN

- 9&10 Press right slightly forward to the right diagonal, bounce shoulders twice
- 11&12 Sailor step left, right, left
- 13-16 Hitch right forward, touch right back, step on right foot making ½ turn to right, step left shoulder width apart from right, making another ½ turn to right

HIP BUMPS, JAZZ BOX

- 17&18 Bump right hip up to right, bring hip back to center, bump hip down to right
- &19&20 Step left next to right, step right to right side while bumping right hip up to right, bring hip back to center, bump hip down to right making ¼ turn to left
- 21-24 Step left forward, cross right over left, step left back, step right shoulder width apart from left

BRUSH STEP, KICKS, ½ TURN, BODY ROLL, ¾ TURN

- 25&26 Brush left, hitch left forward, step left back
- 27&28& Kick right forward, hitch right next to left, kick right forward making ½ turn to right, step right next to left
- 29-30 Body roll down angling body slightly to right corner, weight ending on left
- 31&32 Step ¼ to right with right foot, turn ½ to right bringing left next to right while bringing head down, look up, weight ends on left to start dance over

REPEAT

TAG

After walls 3 and 8

HAND POINTS, WALKS WITH SHOULDER SHIMMIES

- 1-4 Point right hand to upper left corner, point left hand to upper right corner, point right hand to lower left corner, point left to lower right corner
- 5-8 Walk forward right, left, right, left while shimmying shoulders

REALLY WEIRD STUFF

- 9&10 Bringing right hand up next to head and extending left arm out to left side, bringing arms together, apart, together
- 11&12 Repeat counts 9&10, hands are already in place
- 13-16 Holding left arm out in front of body, swing right arm (slightly bent at elbow) in a circle to the right, and as your hand reaches the bottom of the "circle" bend knees; this motion is done twice. One circle will take two beats of music. Weight ends on left to start dance over