

Bucklehuck

拍数: 0 墙数: 0 级数:
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音乐: The Hucklebuck - Chubby Checker



Sequence: AA, BB, AA, B, AA, B, A

PART A (THE EZ, 24 COUNTS)

SHUFFLE RIGHT, ROCK, RECOVER, SHUFFLE LEFT, ROCK RECOVER

- 1&2 Step right on right foot, step together with left foot, step right on right foot
- 3-4 Rock left behind right foot, recover weight onto right foot
- 5&6 Step left on left foot, step together with right foot, step left on left foot
- 7-8 Rock right foot behind left foot, recover weight onto left foot

SHUFFLE FORWARD RIGHT, SHUFFLE FORWARD LEFT, STEP, ½ LEFT PIVOT TURN, WALK RIGHT, LEFT

- 9&10 Step forward on right foot, step together with left foot, step forward on right foot
- 11&12 Step forward on left foot, step together with right foot, step forward on left foot
- 13-14 Step forward with right foot, pivot ½ left onto left foot
- 15-16 Walk forward right, walk forward left

Or complete full left walking turn

DIAGONAL RIGHT VINE WITH SCUFF, DIAGONAL LEFT VINE WITH SCUFF

- 17-20 Step forward diagonally right on right, step left behind right, step diagonally right on right, scuff left foot forward
- 21-24 Step forward diagonally left on left, step right behind, step diagonally left on right, scuff right foot forward

Or replace with diagonal rolling vines

PART B (THE HUCKLEBUCK, 48 COUNTS)

(TWIST & THIS) STEP, TOGETHER, TWISTS, STEP TOGETHER, HEEL SPLITS

- 1-2 Step right foot right, step left foot next to right
- 3&4 Twist heels left, twist heels right, twist heels center
- 5-6 Step left foot left, step right foot next to left
- 7&8 Swivel heels out, swivel heels to center, swivel heels out

(LIL SIS) BOOGIE STRUTS RIGHT, LEFT, BOOGIE WALKS: RIGHT, LEFT, RIGHT, LEFT

- 9&10 Step right toe diagonally right, bump hips forward, step right heel down
- 11&12 Step left toe diagonally left, bump hips forward, step left heel down
- 13-14 Step right toe forward while swiveling right heel in to weight, step left toe forward while swiveling left heel in to weight & swiveling right heel back to center
- 15-16 Repeat 13-14

Styling: add jazz hands low to the sides for 8 count section

(BACK) RIGHT ROLLING VINE WITH PUNCH, LEFT ROLLING VINE WITH PUNCH

- 17-20 Step ¼ right on right, step ½ right on left foot, step ¼ right on right, touch left foot next to right
- 21-24 Step ¼ left on left, step ½ left on right foot, step ¼ left on left, touch right next to left

Styling: swing arms around in an arc high across body facing into vine on counts 4 & 8

(SACROILIAC) DIP, LEAN, DIP, LEAN, SHOULDERS

- 25-26 Dip down bending both knees with feet apart, rise up pushing off left foot to lean right with left toes out left

- 27-28 Dip down bending both knees with feet apart, rise up pushing off right foot to lean left with right toes out right
- 29-32 Shift shoulders back left, back right, forward right, center shoulders with feet wide (upper washing machine)

Option:

- 1-2 Dip with feet centered, rise
- 3-4 Repeat
- 5-6 Roll left shoulder back, roll right shoulder back
- 7-8 Roll right shoulder forward, roll left shoulder forward

(SNAKE & DUCK) SWIVELS, ALTERNATING HEEL STEPS

- 33-34 Swivel both toes in, swivel both heels in
- 35-36 Repeat 33-34

Styling: raise palms up held together snake downwards to chest

- &37&38 Step slightly on right heel, step slightly on left, step slightly on right heel, step slightly on left heel

Or heel step right, left, right, left

- &39&40 Repeat counts &37-38

Styling: arms straight down wrists bent with palms facing floor

(HUCKLEBUCK) OUT-OUT, HOLD, WITH ARM MOVEMENTS

- &41-44 Step out right, step out left placing left hand on hip and extending right arm forward, hold for 3 counts
- 45-47 Hold foot position with weight centered for 3 counts
- 48 Take weight left

Option 1: leave left hand on hip move right arm over left back to right or "stir the pot" to the left with both hands (45-48)

Option 2: both arms forward in stop pose on count 41, hold 42-44, milk the cow from left to right for 45&46&47&48

OPTIONS

On the last Part A do the 1st 16 counts, then ½ pivot left and Boogie Walk forward with knees, for 5 counts
