

Gleehab

拍数: 64 墙数: 2 级数: Improver
编舞者: Gary Lafferty (UK) - March 2010
音乐: Rehab (Glee Cast Version) - Glee Cast



Intro: Track starts with word "Ohio" sung 3 times, then 4 drumstick beats – that's your "5,6,7,8"
Floor-splits: J'ai Du Boogie , My Girl Sally

GRAPEVINE to RIGHT with TOUCH , GRAPEVINE to LEFT with TOUCH

- 1-4 Step to Right on Right foot , cross-step Left behind Right, step to Right on Right, touch Left foot beside Right
- 5-8 Step to Left on Left foot , cross-step Right behind Left , step to Left on Left foot , touch Right foot beside Left

SKATES

- 1-2 Skate Right foot forward to Right diagonal , hold
- 3-4 Skate Left foot forward to Left diagonal , hold
- 5-6 Skate Right foot forward to Right diagonal , skate Left foot forward to Left diagonal
- 7-8 Skate Right foot forward to Right diagonal , hold

WEAVE : FRONT , SIDE , BEHIND , SWEEP , BEHIND , SIDE , CROSS , HOLD

- 1-2 Cross-step Left foot over Right , step to Right on Right foot
- 3-4 Cross-step Left foot behind Right , sweep Right foot around from front to back
- 5-6 Cross-step Right foot behind Left , step to Left on Left foot
- 7-8 Cross-step Right foot over Left , hold

TOUCH FORWARD , HOLD , TOUCH BACK , HOLD ; STEP , ½ TURN , STEP , HOLD

- 1-4 Touch Left foot forward , hold , touch Left foot back , hold
- 5-8 Step forward on Left foot , pivot ½ turn to Right , step forward on Left foot , hold

RESTARTS – on walls 3 & 6 , you should restart the dance at this point

RIGHT TOE-STRUT , LEFT TOE-STRUT ; ROCKING CHAIR

- 1-4 Touch Right foot forward , step down onto Right foot , touch Left foot forward , step down onto Left foot
- 5-6 Rock forward on Right foot , recover weight back onto Left foot
- 7-8 Rock back on Right foot , recover weight onto Left foot

SHIMMY ½ TURNS

- 1 Step Right foot forward
- 3-4 Making a ½ turn over Left shoulder , shimmy shoulders , keeping weight back on Right foot , clap on count 4
- 5 Push weight forward onto Left foot (it doesn't need to move from where it is)
- 6-8 Making a ½ turn over Right shoulder , shimmy shoulders , keeping weight back on Left foot , clap on count 8

BACK , KICK , BACK , KICK ; RUN BACK , KICK

- 1-2 Step back on Right foot , kick Left foot forward
- 3-4 Step back on Left foot , kick Right foot forward
- 5-6 Step back on Right foot , step back on Left foot
- 7-8 Step back on Right foot , kick Left foot forward

LEFT COASTER POINT , LEFT COASTER STEP

- 1-4 Step back on Left foot , step on Right foot beside Left , touch Left foot forward , hold

5-8

Step back on Left foot , step on Right foot beside Left , step forward on Left foot , hold

START AGAIN!
