Buddy's Hank

拍数: 32

级数: Beginner / Improver

编舞者: Maureen Sheppard (UK) - February 2013

音乐: Hankin' It Up - Buddy Eugene & Claudia : (CD: Without You.)

Right Side Strut, Back Rock. Left Side Strut, Back Rock.

- 1-2 Touch Right Toe to Right side, Snap Right Heel down taking weight,
- 3-4 Rock back onto Left, forward onto Right,
- 5-6 Touch Left Toe to Left side, Snap Left Heel down taking weight,
- 7-8 Rock back onto Right, forward onto Left.

Two Half Monterey Turns*.

- 1-2 Touch Right Toe out to Right side, make half turn over Right shoulder transferring weight to Right,
- 3-4 Touch Left Toe out to Left side, step Left in place.
- 5-8 Repeat steps 1 4

*Beginner option: Steps 1-4 Touch Right Toe out to Right side, Step Right in place, Touch Left Toe out to Left side, Step Left in place. Steps 5-8 Repeat steps 1-4.

*Intermediate Options: Full Monterey Turn followed by Side touches.

Or: Two full Monterey turns followed by two staggering heel struts forward ... or in that general direction. ;-) *RESTART: Here on Wall 5.

Two Heel Struts Forward, Right Heel Hook Heel Touch.

- 1-2 Touch Right Heel forward, snap Right Toe down taking weight,
- 3-4 Touch Left Heel forward, snap Left Toe down taking weight,
- 5-6 Touch Right heel forward, Hook Right leg across in front of Left shin,
- 7-8 Touch Right Heel forward, Touch Right Toe next to Left instep.

Reverse Rhumba Box with 1/4 Turn Left.

- 1-2 Step Right to Right side, Step Left in place next to Right,
- 3-4 Step Right back, Hold,
- 5-6 Step Left to Left side, Step Right in place next to Left,
- 7-8 Make a quarter turn to the Left and Step Left forward, Hold.

Repeat.

*Optional Ending - Replace the quarter turn with a half turn to the Left to finish facing the front wall, and pose.

Contact: neonreptile@hotmail.co.uk





墙

墙数:4

4