Geraldine's Routine



拍数: 32 **墙数:** 4 **级数:** Improver - Fun

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音乐: Geraldines Routine - Tape Five : (Album: Swing Patrol - iTunes)



Intro: 32 Count

[1 – 8] Sway Right, Left, Right, Left, 3/4 Turn Right, 1/4 Triple Turn Right.

1 – 4 Step right to right side as you sway your body right, left, right, left. (Wave hands in the air as

you sway).

5 – 6 Step right making 1/4 turn right, 1/2 turn right stepping back on left.

7 & 8 Triple step 1/4 turn right on right, left, right. (12.00).

[9 – 16] Cross Rock Recover, 1/4 Left Triple Step, Hitch Touch 1/4 Turn Left X 2. Crossing Shuffle.

1-2 Cross rock left over right, recover on right.

3 & 4 Step left 1/4 turn left, right beside left, forward on left. (9.00).

&5&6 Hitch right turning 1/4 left on left, touch right out to right side, X 2. (3.00).

7 & 8 Cross right over left, left to left side, cross right over left.

[17 – 24] Side Rock Recover, Crossing Shuffle, Bump Right, Left, Right Left Right.

(Hand movements as you rock, do your own thing, listen to the lyrics).

1 – 2 Face right diagonal as you rock left out to left side, recover on right.

3 & 4 Cross left over right, right to right side, cross left over right.

5 – 6 Bump hips to right, left.

7 & 8 Bump hips right left right, keeping most of your weight on right side. (Knees bend as you

shake your hips).

[25 – 32] Step Back Touch X 2, Cross Unwind Right, Left Shuffle.

1 Face right diagonal as you dip down stepping back on left.

2 Straighten up as you touch right toe in front of left.

Face left diagonal as you dip down stepping back on right.

Straighten up as you touch left toe in front in front of right.

5 – 6 Cross left over right, unwind 1/2 turn right.

7 & 8 Step forward on left, right beside left, forward on left.

Restart. 9th Sequence - 16 Counts.

Dance up to count 14 making 3/4 turn left on hitch turn to face front wall.

ADDING &15 – Jump forward right, left, feet slightly apart, 16 – CLAP. Start again.

Ending. Dance up to cross unwind, back wall.

1 – Make 1/2 right stepping back on left, facing front.

&2 – Quickly step back on right, touch left heel forward.

Hand movements optional, listen to the lyrics, use your imagination and have fun.

Hazel X