

# Legs

拍數: 32      牆數: 4  
編舞者: Stacey Barnett (USA)  
音樂: Legs - Trace Adkins

級數: Improver



## FRONT & BACK CHA-CHA BASIC

- 1-2      Rock forward left, recover right
- 3&4      Step back left, step right next to left, step left next to right
- 5-6      Rock back right, recover left
- 7&8      Step forward right, step left next to right, step right next to left

## STEP HITCHES WITH CLAPS, JUMP, CROSS, UNWIND ½ TURN WITH BODY ROLL

- 1-2      Step right, hitch left and scoot slightly forward on right and clap hands
- 3-4      Step left, hitch right and scoot slightly forward on left and clap hands
- 5-6      Jump out left and right, close crossing right over left
- 7-8      Unwind ½ turn to the left with a slight body roll

## TRAVELING HIP BUMPS, STEP ½ PIVOT, STEP ¼ PIVOT

- 1&2      Step forward right, bump hips right, left, right
- 3&4      Step forward left, bump hips left, right, left
- 5-6      Step forward right, pivot ½ turn left stepping forward left
- 7-8      Step forward right, pivot ¼ turn left stepping forward left

## STEP-TOGETHER-STEP-TOGETHER WITH HIP ROLLS

- 1-2      Angling slightly right, side step right, step together left while rolling hips in a circle to the right
- 3-4      Still angling slightly right, side step right, touch left next to right and square off to front while rolling hips in a circle to the right
- 5-6      Angling slightly left, side step left, step together right while rolling hips in a circle to the left
- 7-8      Still angling slightly left, side step left, touch right next to left and square off to front while rolling hips in a circle to the left

## REPEAT

## RESTART

The restart is on the 8th wall. The music will have just finished an instrumental bridge and the restart will begin when Trace Adkins' vocals come in again with a deep "She's got legs." You will have just finished the jump-cross-unwind and will just begin again with the front and back cha-cha basic