Leopard Underpants

級數: Intermediate

編舞者: Jodi Wittman (USA)

拍數: 32

音樂: Shimmy, Shimmy, Ko-Ko-Bop - Little Anthony & The Imperials

STEPS FORWARD & BACK, RIGHT JAZZ BOX 1/4 TURN TO RIGHT

1-4 Keeping feet hip- or shoulder-width apart step forward right, step forward left, step back right, step back left

5-8 Cross right over left, step back on left, turn 1/4 to right & step on right, step left next to right Option: on the first four counts, you can swing your legs "in" under your body so you make an hourglass arc before you step down

RIGHT MONTEREY, STEPS FORWARD & REVEAL LEOPARD UNDERPANTS

- 9-12 Touch right toe to right, turn 1/2 to right as you step right next to left, touch left toe to left, step left next to right
- 13-16 Step forward right, step left next to right, bending slightly forward at waist lift both toes, and replace

Options: on the toe lift (15), place both hands behind you and "flip" up imaginary skirt or place both arms in front of you in the "stop" position

RIGHT ROCK & COASTER, LEFT ROCK & COASTER

- 17-18-19&20 Rock forward on right, recover weight back on left, step back on right, step together on left, step forward on right
- 21-22-23&24 Rock forward on left, recover weight back on right, step back on left, step together on right, step forward on left

RIGHT CROSS ROCK, LEFT CROSS STEP, RIGHT LUNGE, LEFT SWIVEL HEEL-TOE-HEEL

- 25-28 Cross rock right over left, recover weight back on left, step right to right side, cross step left over right
- 29-32 Lunge right to right, swivel left heel right, swivel left toe right, swivel left heel right
- Feet should end up hip- or shoulder-width apart, not together

REPEAT





牆數: 4