# Locomotion

拍數: 44 　　　　牆數: 4 　　　　級數: Improver

編舞者: Nancy Morgan (USA)

音樂: The Loco-Motion - Kylie Minogue

## STEP, STOMP, KICK-BALL-CHANGE, ¼ TURN WITH TOE TOUCHES

| | |
|---|---|
| 1-2 | Step left foot forward, stomp right foot next to left |
| 3&4 | Kick-ball change - kick right foot forward, step right foot down as you left your left foot, set left foot down |
| & | Lift your knee so that your knee slightly crosses your right |
| 5 | Then touch right foot down |
| &6&7& | Repeat this 3 more times (as you do these you will make a ¼ turn to your left) |
| 8 | Stomp right foot at an angle towards your right (this is to prepare for the sailor shuffles) |

## 2 SAILOR SHUFFLES

| | |
|---|---|
| 1&2 | Step left behind right, step right out to right side, step left foot forward |
| 3&4 | Step right behind left, step left out to left side, step right foot forward |

## ½ VINE LEFT, JUMP OUT, CLAP, SWING HIPS FROM RIGHT TO LEFT, RIGHT TO LEFT

| | |
|---|---|
| 1-2&3-4 | Step left foot out and slightly forward, step right behind, jump out quickly - left then right, clap (feet should be shoulder width apart) |
| 5-6-7-8 | Swing hips to right, then left, then right, stomp left next to right |

## 2 MONTEREYS

| | |
|---|---|
| 1-2-3-4 | Put right toe out to right side, swing right foot around ½ turn to right and put right foot next to left, put left toe out to left side, put left foot next to right |
| 5-6-7-8 | Put right toe out to right side, swing right foot around ½ turn to right and put right foot next to left, put left toe out to left side, touch left foot next to right |

## JUMP FORWARD, CLAP, REPEAT, JUMP BACK, CLAP, REPEAT

| | |
|---|---|
| &1-2 | Hop forward with feet shoulder width apart, hopping left, right, clap |
| &3-4 | Hop forward with feet shoulder width apart, hopping left, right, clap |
| &5-6 | Hop back with feet shoulder width apart, hopping left, right, clap |
| &7-8 | Hop back with feet shoulder width apart, hopping left, right, clap |

## SIDE SHUFFLE LEFT, ROCK STEP, SIDE SHUFFLE RIGHT, ROCK STEP

| | |
|---|---|
| 1&2-3-4 | Side shuffle left (left, right, left) rock back on right and forward on left |
| 5&6-7-8 | Side shuffle right (right, left, right) rock back on left and forward on right |

## REPEAT