Locomotion 2000

拍數: 48

級數: Improver

編舞者: Neil Hale (USA)

音樂: Locomotion - Scooter Lee

CROSS BREAKS, SIDE TRIPLE STEPS

- 1-2 Left cross-rock step over right, right rock in place
- 3&4 Left small step side left; right step next to left, left step side left
- 5-6 Right cross-rock step over left, left rock in place
- 7&8 Right small step side right; left step next to right, right step side right

1/2 SPINS, SIDE TRIPLE STEPS, SYNCOPATED ROCK STEPS

Spins are done on ball of weighted foot and the opposite knee is hitched up during spins

- &1&2 With weight on right foot, spin ½ turn right in place, left small step side left, right step next to left, left step side left
- &3&4 With weight on left foot, spin ½ turn right in place, right small step side right, left step next to left, right step side right
- &5&6 Hitch left knee up, left rock step forward, right rock in place, left rock step back
- &7&8 Right rock in place, left rock step forward, right rock in place, left rock step back

ROCK IN PLACE, SIDE STEPS & CLAPS

- &1-2 Right rock in place, left step side left, hold and clap
- 3&4 Right step next to left, clap, clap
- 5-6 Left step side left, hold and clap
- 7&8 Right step next to left, clap, clap

ROCK STEPS, FULL TURN (TRIPLE STEPS), SYNCOPATED ROCK STEPS

1-2 Left rock step forward, right rock in place

3&4 Left step back into 1/2 turn left, right step forward into 1/4 turn left, left step side into 1/4 turn left

- On counts 3&4 steps are done close together while keeping turn very tight
- 5&6 Right rock step forward, left rock in place, right rock step back.
- &7&8 Left rock in place, right rock step forward, left rock in place, right rock step back

ROCK IN PLACE, TOE HEEL STRUTS, ROCK STEPS, TRIPLE STEPS

- &1-2 Left rock in place, right toe touch forward, right heel drop to floor
- 3-4 Left toe touch forward, left heel drop to floor
- 5-6 Right rock step forward, left rock in place
- 7&8 Right small step back, left step next to right, right small step back

TOE HEEL STRUTS, ROCK STEPS, ½ TURN, STEP IN PLACE

- 1-2 Left toe touch back, left heel drop to floor
- 3-4 Right toe touch back, right heel drop to floor
- 5-6 Left rock step back, right rock in place
- 7-8 Left step forward into ½ turn right, right step in place

REPEAT





牆數:2