No Chicken Wings

拍數: 32

級數: Intermediate

編舞者: Irene Groundwater (CAN)

音樂: No Chicken Wings - Jimmy Lewis

Dedicated to Vicky McCullough and her special girls from Vancouver Island whose moves inspired this dance

BACK, HEEL, BODY ROLL, BACK, HEEL, BODY ROLL

- 1-2-3-4 Right back, tap left heel forward, forward body roll over 2 counts
- 5-6-7-8 Left back, tap right heel forward, forward body roll over 2 counts
- Option: 1-2-3-4 Right back, tap left heel forward 3 times
- 5-6-7-8 Left back. Tap right heel forward 3 times

DIAGONAL FORWARD SHUFFLE, DIAGONAL FORWARD SHUFFLE, FORWARD SHUFFLE, ½ TURN **RIGHT, ½ TURN RIGHT**

- 9&10 Right diagonal forward, step left beside right, right diagonal forward
- 11&12 Left diagonal forward, step right beside left, left diagonal forward
- 13&14 Right forward, step left beside right, right forward
- 15-16 Left forward pivoting 1/2 turn right on step, right back pivoting 1/2 turn right on step

Options:

- 9& Lock left behind right
- 11& Lock right behind left)
- 9&10 Raise right hand pointing and looking to right
- 11&12 Raise left hand pointing and looking to left
- 15 Left forward
- 16 Right forward (no turn on steps)

FORWARD, ½ TURN RIGHT, SIDE, SIDE, TOGETHER

- 17-18 Left forward, pivot 1/2 turn right onto right
- 19&20 Side step left, side step right, step left beside right

1/4 TURN LEFT WITH RIGHT HIP-UP-DOWN-UP, 1/2 TURN RIGHT WITH LEFT HIP-UP-DOWN-UP

- 21&22 Pivot ¼ turn left on left ball and side step right raising right hip up, lower right hip, raise right hip
- 23&24 Pivot ½ turn right on right ball and side step left raising left hip up, lower left hip, raise left hip **Options:**
- 21&22 Face looks forward towards 6:00 on 1st wall with right arms extended towards 6:00
- 23&24 Face looks forward towards 6:00 on 1st wall with left arms extended towards 6:00

1/2 TURN LEFT WITH RIGHT HIP-UP-DOWN-UP, 1/4 TURN RIGHT WITH SIDE, SIDE, TOGETHER, CLAP

- Pivot ½ turn left on left ball and side step right raising right hip up, lower right. Hip, raise right. 25&26 Hip
- &27 Pivot ¼ turn right on right ball (facing forward) and side step left, side step right
- &28 Go up on toes of both feet and drag both feet together, clap
- Option:
- 25&26 Face looks forward towards 6:00 on 1st wall with right arms extended towards 6:00

BEHIND, SIDE, STOMP, CROSS BEHIND, ¼ TURN LEFT WITH SIDE, STOMP

- 29&30 Cross right behind left, side step left, stomp right beside left
- &31-32 Cross left behind right, pivot 1/4 turn left on left ball and side step right, stomp left beside right





牆數:4