Scuffle-Hoomph!

拍數: 36

級數: Intermediate

編舞者: Claire Thomson (UK) & Lesley Thomson

音樂: Let's Go Crazy - Ethan Allen

Start dance after 6 bar intro right after lyrics "Punch that high wall!" The complete dance repeats 8 times ending facing front on last beat. The 'scuffle-hoomph' step is as it sounds. we have taken this from basic tap dancing which we don't think has been used in line dancing before!

RIGHT TURN STEPPING LEFT RIGHT*, STEP LEFT TWIST HEELS, STEP HALF TURN, LEFT TURN STEPPING RIGHT LEFT*

- 1-3 Step left, right (while executing full turn right), step left
- &4 On balls of both feet twist both heels left and back
- 5-6 Step forward on right foot, half pivot turn left (weight ends on left)
- 7-8 Step right, left (while executing full turn left)

Turns can be changed to walks for dancers who find turns difficult

SCUFFLE-HOOMPH, SCUFFLE-HOOMPH, SCUFFLE-HEEL, STOMP-STOMP, SCUFFLE-STEP LEFT RIGHT LEFT RIGHT

- &a9&a10 Standing on left leg brush right toe forward, then back across left leg, then shunt forward on left foot. Still standing on left leg brush right toe forward and back to right side and shunt forward on left again
- &a11&12 Brush right toe forward, tap right toe forward, right heel down. Stomp left right
- &a13&a14&a15&a16 Brush left toe forward and back, step left. Repeat right, left, right (these three scuffle steps are done while performing a ¾ turn right.) (end facing right wall)

LEFT SHUFFLE FORWARD, STEP RIGHT FORWARD, 2 HIPS FORWARD, STEP RIGHT BACK, LEFT CROSS AND PIVOT UNWIND ½ TURN. CIRCLE ARMS ABOVE HEAD ON TURN (SCREAM "WOO-OO!")

- 17&18 Step forward left, bring right foot to left, step forward left
- 19-20 Step right toe forward at same time as push pelvis forward, push pelvis forward again (on this body roll you can shout "oh no, let's go!")*
- 21-24 Step back on right foot, cross left foot over right on balls of both feet ½ pivot turn right with arms above head, (click fingers and scream "woo-oo!")

On every other body roll the lyrics are 'oh no, let's go'

CHASSÉ RIGHT, LEFT SAILOR STEP, RIGHT LOCK FORWARD, LEFT ROCK FORWARD, ROCK BACK RIGHT, STEP LEFT WITH ¼ TURN RIGHT, FEET OUT-OUT, IN-IN, ¼ TWIST-TURN RIGHT WAVE ARMS ABOVE HEAD (AND SCREAM "WOO-OO!")

- 25&26 Step right to right side, bring left foot to right foot, step right to right side
- 27&28 Step left foot back, right foot back and left foot forward (ending facing towards left diagonal)
- 29&30 Step right foot forward (to diagonal) lock left foot behind right, step right forward
- 31&32 Rock forward on left foot (to diagonal corner), rock back on right (placing foot to face home wall), bring left foot to meet right foot. (now facing home wall)
- &33&34-35-36 Small step right to right side, and left to left side, then bring right foot in and left foot in on balls of both feet bend knees and 1⁄4 turn right by twisting heels to left twice, with 2 arm circles above head to create impetus for turn (and scream "woo-oo!")

REPEAT





牆數:4