# Slide N' Scoot



編舞者: Lana Harvey (USA) 音樂: Men In Black - Will Smith



## STEP SLIDE STEP TOUCH

Step right to right, slide and step left next to right
Step right to right. Touch left toe next to right instep.
Step left to left. Slide and step right next to left
Step left to left. Touch right toe next to left instep.

Alternate: double times slides, i.e. 1&2&3, touch

#### **HEEL EXCHANGES**

7&

1&	Touch right heel forward. Step right next to left
2&	Touch left heel forward. Step left next to right
3&	Touch right heel forward. Step right next to left
4	Touch left heel forward.
5&	Touch left heel forward again. Step left next to right
6&	Touch right heel forward. Step right next to left

Touch left heel forward. Step left next to right

8 Touch right forward.

## SYNCOPATED SIDE JUMPS

&1	Jump right, left to right side
2	Hold and clap.
&3	Jump right, left to right side
4	Hold and clap.

&5 Jump left, right to left side

6 Hold and clap

&7 Jump left, right to left side

8 Hold and clap.

#### **SCOOTS ON BOTH FEET**

1	Scoot straight forward on both feet at same time
&2	Clap twice.
3	Scoot straight back on both feet at same time
&4	Clap twice
5	Scoot straight back on both feet at same time
&6	Clap twice
7	Small jump turn on both feet ¼ turn to left.
8	Clap once.

# **REPEAT**