

拍數: 64 牆數: 2 級數: Intermediate / Advanced

編舞者: Ken Henley (USA) 音樂: Tricky, Tricky - Lou Bega



CROSS, BACK, CROSS, BACK

1-5 Cross step left over right; step right back; step left back, facing 11:00 cross right over left,

step left back

6 Pivot ½ to the right on left sole stepping slightly forward on right

7-8 Walk forward: left; right

ROCK FORWARD, HOLD, FORWARD, BACK; BACK LEFT, RIGHT, LEFT; TOUCH

1-4 Step/rock forward onto left; hold; rock back onto right, hold

5-8 Walk back: left; right; left; touch right next to left

RIGHT VINE; "TRICKY MOVES"- BEND, TURN, TOUCHES, TURN

1-4	Step right to right; cross step left behind right; step right to right; stamp left next to right	
-----	--	--

5 Facing forward, bend both knees with left toe touching near right instep

Turn 45 degrees left on right sole, straightening legs and touching left heel slightly forward
Return facing forward while bending both knees with left toe touching near right instep (same

position as count 5)

8 Turn 45 degrees left on right sole, straightening legs and touching left heel slightly forward

(weight on right foot)

LEFT VINE; "TRICKY MOVES"- BEND, TURN, TOUCHES, TURN

1-4	Step left to left; cross step right behind left; step left to left; stamp right next to left
-----	--

5 Facing forward, bend both knees with right toe touching near left instep

Turn 45 degrees right on left sole, straightening legs and touching right heel slightly forward
Return facing forward while bending both knees with right toe touching near left instep (same

position as count 5)

8 Turn 45 degrees right on left sole, straightening legs and touching right heel slightly forward

(weight on left foot)

SLIDE; TOUCH; POINT; TOUCH; SLIDE; TOUCH; POINT; TOUCH

Slide right to right; touch left next to right; point left to left; touch left next to right

Slide left to left; touch right next to left; point right to right; touch right next to left

FORWARD, RECOVER/CLAP, BACK; RECOVER/CLAP, FORWARD, RECOVER/CLAP, TURN, STEP

1-2 Step/rock forward on right; recover onto left with a clap
3-4 Step/rock back on right; recover onto left with a clap
5-6 Step/rock forward on right; recover onto left with a clap

7-8 Pivot ½ to the right on left sole stepping slightly forward on right; step left next to right

REPEAT PREVIOUS 8 COUNTS

1-2	Step/rock forward on right; recover onto left with a clap
3-4	Step/rock back on right; recover onto left with a clap
5-6	Step/rock forward on right; recover onto left with a clap

7-8 Pivot ½ to the right on left sole stepping slightly forward on right; step left next to right

WALK FORWARD; SYNCOPATED ROCK FORWARD, BACK, FORWARD; 2-COUNT "CHICKEN WALK FORWARD"

1-4 Walk forward (small steps): right; left; right; left

Step/rock slightly forward onto right; recover on left; rock slightly forward on right

7&8 Walk forward: left, right

REPEAT

Optional advanced styling (last 8 counts)

Through counts 1-4 (an enhanced "Shorty George") keep arms straight down at sides with index fingers pointing to floor while torso faces forward and knees bent touching together

1 Shoulders: drop left, raise right with knees pointing 45 degrees right and step right slightly

forward

2 Shoulders: raise left, drop right with knees pointing 45 degrees left and step left slightly

forward

3&4 Repeat counts 1&2 FORWARD MASHED POTATO STEPS

5& Right sole forward heels out; left sole forward heels in

6& Repeat 5&

7&8 Step left forward; (&) knees apart (bowleg); step forward on right (knees together)