Whole Lotta Hillcrest



拍數: 48 牆數: 1 級數: Beginner

編舞者: Johanna Barnes (USA)

音樂: Squeeze Box - McBride & The Ride



TOE STRUTS, KICK, COASTER STEP, TOUCH

1-2 Step right toe forward, drop right heel3-4 Step left toe forward, drop left heel

5 Kick right foot forward6&7 Coaster step right, left, right

8 Touch left together

DIAGONAL CAMEL WALK TOUCHES

1-2-3 Step left diagonally forward, lock left behind right, step left diagonally forward

4 Touch right together

5-6-7 Step right diagonally forward, lock left behind right, step right diagonally forward

8 Touch left together As a variation, try step, slide, step

LEFT FORWARD SHUFFLE, ROCK, RECOVER, RIGHT BACK SHUFFLE, ROCK, RECOVER

Shuffle forward left, right, left
Rock right forward, recover on left
Shuffle back right, left, right
Rock left back, recover to right

1/2 PIVOT, LEFT FORWARD SHUFFLE, 1/2 PIVOT, RIGHT STOMP, CLAP

1-2 Step left forward, turn ½ right (weight to right, 6:00)

3&4 Shuffle forward left, right, left

5-6 Step right forward, turn ½ left (weight to left, 12:00)

7-8 Stomp right forward, clap

VINE RIGHT, TOUCH, VINE LEFT, TOUCH

1-4 Vine right stepping right, left, right, touch left together5-8 Vine left stepping left, right, left, step right together

As a variation, try contra shoulder movements, or same shoulder down as foot

SYNCOPATED JUMP OUT, CROSS, ½ TURN LEFT TWICE

&1&2 Step left to side, step right to side, step left home, cross right over left

3 Unwind ½ left (weight to right, 6:00)

4&5 Hold (clap), step left to side, step right to side

&6 Step left home, cross right over left

7-8 Unwind ½ left (weight to left, 12:00), hold (clap)

REPEAT