Huey Lewie

拍數: 32

Hold

級數: Intermediate

編舞者: Charlotte Skeeters (USA)

音樂: Stagger Lee - Huey Lewis & The News

FORWARD, ¼, HOLD, SIDE, CROSS, ¼, COASTER, HOLD

- Right step forward; left forward into ¼ turn left (keep right in place, heel will come off the 1-2 floor, left is crossed over right)
- 3 Hold
- &4 Right step side right (keep foot back); left cross over right
- 5 Pivot 1/4 left on ball of left as you step back on right
- 6&7 Left step back; right step next to left; left step forward (coaster)
- 8

POINT, &, POINT, KEEP UP, FORWARD, KNEE UP, ¼, COASTER

- Right point side right; right step next to left; left point side left 1&2
- 3-4 Bring left knee up in front; left step forward
- 5-6 Bring right knee up in front; pivot 1/4 turn right on ball of left keeping right knee up (for balance, snug right to left leg as you turn) 7&8
 - Right step back; left step next to right; right step forward (coaster)

Optional hands on count 6: bring hands up, palms facing you, roll in & down & up, end with palms forward. It feels like your flipping your wrist's

CROSS, UNWIND, 3 KNEE POPS, SHUFFLE RIGHT, SHUFFLE LEFT

- 1-2 Left cross-step over right; unwind ¹/₂ turn right (keep weight right)
- 3&4 Pop right knee forward; pop left knee forward; pop right knee forward
- 5&6 Right step side right; left step next to right; right step side right
- 7&8 Left step side left; right step next to left; left step side left

FORWARD, FORWARD, POINT, &, CROSS, BRUSH-UP, CROSS, &, HEEL , &, FORWARD

- 1-2 Right step forward; left step forward
- 3 Point right toe ¼ right (body is turned ¼ right)
- & Right step next to left slightly back as you turn 1/4 left (to face forward again)
- 4 Left cross-step over right (keep right in place)
- 5-6 Right brush forward ending with right knee up (hitch); right cross-step over left
- &7 Left step back; right heel touch forward
- &8 Right step center; left step forward

REPEAT

The hardest part of this dance is the transition from last 2 counts &7&8 to the first 2 counts 1-2, of dance.





牆數: 4