

Hard Headed

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Elizabeth Allison (USA)
音樂: Hard Headed Woman - Elvis Presley



RIGHT STOMP, HOLD, LEFT STOMP, HOLD

- 1 Stomp right forward, elbows in, hands flat out to the sides
- 2-4 Hold
- 5 Stomp left forward, elbows in hands flat out to the sides
- 6-8 Hold

RIGHT STOMP, HOLD, SHAKE HANDS OUT

- 1 Stomp right forward, elbows in, hands flat out to the sides
- 2-4 Hold
- 5-8 Shake your hands on either side of your head like your shaking off water

THE TWIST

- 1-8 Do the twist (50's styling). Swiveling your heels from side to side while twisting your hips. Elbows in at your sides and hands out to the sides. Each twist takes two counts

KICKS AND SWITCHES

- 1-2 Kick right forward, kick right side
- 3-4 Step right back, switch right forward and left back
- 5-6 Kick left forward, kick left side
- 7-8 Step left back, switch left forward and right back

THE TWIST WITH ¼ TURN LEFT

- 1-8 Do the twist (50's styling) while making a ¼ to the left. Elbows in and hands out to the sides. Each twist takes two counts

VINE RIGHT, KICK, VINE LEFT, KICK

- 1-2-3-4 Step right side, step left behind, step right side, kick left diagonal left
- 5-6-7-8 Step left side, step right behind, step left side, kick right diagonal right

REPEAT

On the 7th wall (end of the dance) continue shaking your hands until the end of the song. You can do the twist while shaking your hands.