

Go With The Flow

拍數: 48 牆數: 1 級數:
編舞者: Deborah Bates (USA)
音樂: Black Is Black - Hansel Martinez



HEEL/TOE TOUCHES

- 1-2 Tap right heel forward twice (while bringing arms straight out in front of you, and tapping fist together twice)
- 3-4 Tap right toe backward twice (while bringing arms behind you and tapping fists together twice)
- 5 Touch right heel forward (while bringing arms straight out in front of you, and tapping fists together once)
- 6 Touch right toe backward (while bringing arms behind you, and tapping fists together once)
- 7 Touch right heel forward (while bringing arms straight out in front of you, and tapping your fists together once)
- 8 Touch right toe backward (while bringing arms behind you and tapping fists together once)

MILITARY PIVOTS, DIAGONAL LUNGES

- 9 Step forward on right foot
- 10 Pivot ½ turn to the left on balls of both feet, shift weight to left foot
- 11 Step forward on right foot
- 12 Pivot ½ turn to the left on balls of both feet, shift weight to left foot
- 13-14 Lunge diagonally to the right on right foot; slide and touch left foot next to right
- 15-16 Lunge diagonally to the left on left foot; slide and touch right foot next to left

SIDE STEP, LOOK, PELVIC THRUST, HIP ROLL, STEP, TURN

- 17-18 Step to right on right foot; turn body and head to the left toward 9:00
- 19-20 Thrust pelvic forward twice
- 21-22 Roll hips right to left while sliding right foot next to left (end facing 12:00)
- 23 Step back on right foot
- 24 Pivot ½ turn to the right on balls of both feet (end with weight on right foot)

DIAGONAL SHUFFLES WITH ARM ROLLS

These shuffles are done almost in place

- 25&26 Shuffle diagonally to the left; (left, right, left) (while rolling arms outward in a circular motion)
- 27&28 Shuffle diagonally to the right; (right, left, right) (while rolling arms outward in a circular motion)
- 29&30 Shuffle diagonally to the left; (left, right, left) (while rolling arms outward in a circular motion)

FORWARD SHUFFLES, STEP, TURN

- 31&32 Shuffle forward (right, left, right)
- 33&34 Shuffle forward (left, right, left)
- 35 Step forward on right foot
- 36 Pivot ½ turn to the left on ball of right foot, shift weight to left foot

BODY SWAY, FORWARD SHUFFLE

- 37-40 Step slightly to the right on right foot and with knees bent slightly sway hips to the right, left, right, left (ending with weight on left foot)
- 41&42 Shuffle forward (right, left, right)

BODY SWAY, FORWARD SHUFFLE

43-46	Step slightly to the left on left foot and with knees bent slightly sway hips to the left, right, left, right (ending with weight on right foot)
47&48	Shuffle forward (left, right, left)

REPEAT
