

The Dwight

拍數: 64 牆數: 2 級數:
編舞者: June Wilson (UK)
音樂: 1000 Miles From Nowhere - Dwight Yoakam



CROSS LEGGED POSITION, SCUFF, HEEL SWIVELS, VINE LEFT

- 1 Step left foot over right, into cross-legged position.
- 2 Right foot down in place.
- 3 Scuff left heel to left
- 4 Touch left toe to left.
- 5 Swivel left heel to left, and at the same time bending knee inwards.
- 6 Left heel back in place.
- 7-8 Repeat counts 5-6

Count 6 is Q step

- 9 (Q) cross right foot behind left (two-step grapevine left) x2 (QQSS, QQSS)
- 10-11 (S) step left
- 12-13 (S) cross right foot behind left
- 14-19 Repeat counts 8-13
- 20 Pivot ½ turn to right on balls of both feet
- 21 (Now facing wall to rear of starting position with back to audience) bring left foot into place.

HEEL SWIVELS, FORWARD DOUBLE SCOOTS

- 22 Swivel right heel to right
- 23 Right heel back in place.
- 24 Swivel left heel to left.
- 25 Left heel back in place.
- 26-27 Repeat counts 24-25
- 28-30 Three double scoots forward.

HEEL/TOE, TOE/HEEL MOVEMENTS TO THE LEFT

- 31 Swivel left heel to left
- 32 Swivel left toe to left
- 33 Swivel right toe to left
- 34 Swivel right heel to left
- 35-46 Repeat counts 31-34 four times (now facing start again)

HIP GRINDS & TUSH PUSHES

- 47-50 Hip grind to the left (get raunchy!)
- 51-54 Repeat counts 47-50.
- 55 Push hips forward, and at the same time pull bent arms backwards
- 56 Push hips back, and at the same time push bent arms forward
- 57-58 Repeat counts 55-56

KNOCK KNEES; & RETURN TO CROSS-LEGGED START POS.

- 59 Feet slightly apart swivel heels out (heel splits)
- 60 Heels back in place.
- 61-62 Repeat counts 59-60.
- 63-64 Scuff left heel forward, hook across right leg ready to begin again.

REPEAT

