

Dancing Machine

拍數: 64 牆數: 4 級數:
編舞者: Dan Morrison (CAN)
音樂: Squaredance Song (feat. Ashley Maclsaac) - B.K.S.



MONTEREY SPINS

- 1-4 Touch right to side, ½ turn right on ball of left foot (stepping on right at completion of ½ turn, touch left to side, step left beside right)
5-8 Touch right to side, ½ turn right on ball of left foot (stepping on right at completion of ½ turn, touch left to side, step left beside right)

SIDE KICKS, STEP BACK

- 9-10 Kick right to side, step back on right
11-12 Kick left to side, step back on left
13&14 Kick right to side, step back on right (touching left heel forward)

HAT DANCE

- &15 Step on left, touch right heel forward
&16 Step on right, touch left heel forward

SHUFFLES & BUMPS

- &17&18 Step on left, then into one 3-step shuffle: right-left-right
19&20 Left shuffle forward: left-right-left
21 Right foot forward bumping right hip forward
22-24 Bump left hip back, right hip forward, left hip back (weight on left)
25&26 Right shuffle back: right-left-right
27&28 Left shuffle back: left-right-left
29 ¼ turn right on ball of left foot, stepping down on right and bumping right hip
30-32 Bump hips left, right, left (weight on left)

ROCK STEPS, ½ TURN

- 33-34 Rock forward with right, step back on left
35-36 Rock back with right, step forward on left
37-38 Rock forward, ½ turn to left putting weight on left
39-40 Rock forward on right, back on left

VINES & HEEL JACKS

- 41-44 Step side right, step left behind right, step side right, touch left to right
&45 Step back on left, touching right heel forward
&46 Step on right, touching left to right
&47 Step back on left, touching right heel forward
&48 Step on right, touching left to right
49-52 Step side left, step right behind left, step side left, touch right to left
&53 Step back on right, touching left heel forward
&54 Step onto left, touching right to left
&55 Step back on right, touching left heel forward
&56 Step onto left, touching right to left

RUBBER KNEES

- 57-58 Roll right knee to the right sliding right toe to right, then step on right
59-60 Roll left knee to the left sliding left toe next to right, step on left

61-62 Roll right knee to the right sliding right toe to right, then step on right
63-64 Roll left knee to the left sliding left toe next to right, step on left

REPEAT
