

拍數: 0 牆數: 2 級數: Intermediate

編舞者: Sue MacFarlane (CAN) 音樂: Let's Dance - Five



Sequence: ABAABAAABAAA

PART A

HOP RIGHT, HOP LEFT, HOP RIGHT, HOP RIGHT, SIDE, BEHIND, TRIPLE STEP IN PLACE

&1&2 Step right to the right, touch left toes beside right, step left to the left, touch right toes beside

left

&3&4 Step right to the right, step left beside right, step right to the right, touch left toes beside right

5-6 Step left to the left, step right behind left

7&8 Step left to the left, step right beside left, step left in place

ROCK & STEP, SCUFF, ROCK & STEP, SCUFF, HEEL, TOE, FULL TURN RIGHT

1&2& Step right slightly forward, recover weight on the left, recover weight on the right, scuff left

foot forward

3&4& Step left slightly forward, recover weight on the right, recover weight on the left, scuff right

foot forward

Touch right heel forward, cross touch right toes behind leftPivot a full turn right on left (weight ending on the left foot)

ROCK & STEP, SCUFF, ROCK & STEP, WALK, WALK, COASTER STEP

1&2& Step right slightly forward, recover weight on the left, recover weight on the right, scuff left

foot forward

3&4& Step left slightly forward, recover weight on the right, recover weight on the left, scuff right

foot forward

5-6 Step forward on the right, step forward on the left

7&8 Step back on the right, step left beside right, step forward on the right

KICK & TOUCH, CROSS, UNWIND, SHUFFLE SIDE, ROCK BACK, RECOVER

1&2 Kick left forward, step left beside, right, touch right toes to the right
3-4 Cross right over left, unwind ½ turn left keeping weight on the right
5&6 Step left to the side, step right beside left, step left to the side

7-8 Cross right behind left, recover weight on the left

PART B

BUMP & BUMP, BUMP & BUMP, TOUCH FORWARD, TOUCH BACK, ½ TURN RIGHT, HOLD

Touch right toes forward as you bump hips forward, bump hips back, bump hips forward as

you step down on the right

Touch left toes forward as you bump hips forward, bump hips back, bump hips forward as

you step down on the left

Touch right toes forward, touch right toes behind left 7-8 Pivot ½ turn right bringing right beside left, hold

BUMP & BUMP, BUMP & BUMP, TOUCH FORWARD, TOUCH BACK, ½ TURN LEFT, HOLD

1&2 Touch left toes forward as you bump hips forward, bump hips back, bump hips forward as

you step down on the left

Touch right toes forward as you bump hips forward, bump hips back, bump hips forward as

you step down on the right

5-6 Touch left toes forward, touch left toes behind left 7-8 Pivot ½ turn left bringing left beside right, hold

