

Charleston Time!

拍數: 32 牆數: 4 級數: Beginner
編舞者: Jo Thompson Szymanski (USA)
音樂: Delores - The Mavericks



BIG CHARLESTON TO RIGHT AT 45 DEGREE ANGLE

- 1-2 Step forward with right foot to right 45- degree angle swinging arms right, hold
- 3-4 Kick forward with left foot to same angle swinging arms left, hold
- 5-6 Step back with left foot swinging arms right, hold
- 7-8 Touch back with right toe swinging arms left, hold

Note: You can touch the floor with the right hand on count 7!

BIG CHARLESTON TO FRONT

- 1-2 Facing front, step forward with right foot swinging arms right, hold
- 3-4 Kick forward with left foot swinging arms left, hold
- 5-6 Step back with left foot swinging arms right, hold
- 7-8 Touch back with right toe swinging arms left, hold

Note: You can touch the floor with the right hand on count 7!

CHARLESTON WALKS FORWARD RIGHT, LEFT, RIGHT, LEFT

- 1 Step forward on ball of right turning both toes out
- 2 Lift left foot out to left side turning both toes in
- 3 Step forward on ball of left foot turning both toes out
- 4 Lift right foot out to right side turning both in
- 5-8 Repeat above 4 counts

Note: These should look like forward mashed potatoes. As an easier option, you can do toe, heel struts forward right, left, right, left

STEP, ½ TURN LEFT, ¼ TURN LEFT HEELS, TOES, HEELS, TOES

- 1-2 Step forward with right foot, hold
- 3-4 Turn ½ left shifting weight forward to left foot, hold
- 5 Turning ¼ left, place feet together shifting both heels to the right
- 6 Move both toes to the right
- 7 Move both heels to the right
- 8 Move both toes to the right

Note: The above 4 counts are sometimes called Ramble or heel toe swivels

REPEAT