

Brainwave

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Lorraine Deering (AUS)
音樂: This Is Your Brain - Joe Diffie



FORWARD 45 & HIP, HIP, HIP, HOLD, FORWARD 45 & HIP, HIP, HIP, HOLD

1-2 Step right forward at 45 degrees & push hips right, push hips left
3-4 Push hips right, hold
5-6 Step left forward at 45 degrees & push hips left, push hips right
7-8 Push hips left, hold

FORWARD 45 & HIP, HIP, HIP, HOLD, FORWARD 45 & HIP, HIP, HIP, HOLD

1-2 Step right forward at 45 degrees & push hips right, push hips left
3-4 Push hips right, hold
5-6 Step left forward at 45 degrees & push hips left, push hips right
7-8 Push hips left, hold

FORWARD LOCK, FORWARD SCUFF, FORWARD LOCK, FORWARD SCUFF

1-2-3-4 Step right forward, lock left behind right, step right forward, scuff left
5-6-7-8 Step left forward, lock right behind left, step left forward, scuff right

FORWARD, ½ TURN, STOMP, HOLD

1-2 Step right forward, turn ½ turn left keeping weight on right
3-4 Stomp left forward, hold

FORWARD LOCK, FORWARD SCUFF, FORWARD LOCK, FORWARD SCUFF

1-2-3-4 Step right forward, lock left behind right, step right forward, scuff left
5-6-7-8 Step left forward, lock right behind left, step left forward, scuff right

FORWARD, ½ TURN, STOMP, HOLD

1-2 Step right forward, turn ½ turn left keeping weight on right
3-4 Stomp left forward, hold

VINE RIGHT-HEEL & CLAP, VINE LEFT-HEEL & CLAP

1-2 Step right to the side, cross left behind right
3-4 Step right to the side, touch left heel at 45 degrees & clap
5-6 Step left to the side, cross right behind left
7-8 Step left to the side, touch right heel at 45 degrees & clap

VINE BACK-HITCH & CLAP, VINE BACK-HITCH & CLAP

1-2-3-4 Step right back, step left back, step right back, hitch left & clap
5-6-7-8 Step left back, step right back, step left back, hitch right & clap

FORWARD, LOCK, FORWARD, SLAP HEEL, FORWARD, LOCK, ¼ TURN, STOMP

1-2 Step right forward, lock left behind right
3-4 Step right forward, lift left behind & slap with right hand
5-6 Step left forward, lock right behind left
7-8 Turn ¼ turn left-step left forward, stomp right together

REPEAT