

Blue Hawaii

拍數: 32 牆數: 2 級數: Beginner
編舞者: Irene Groundwater (CAN)
音樂: Blue Hawaii - Ray Conniff



SIDE, TOGETHER, SIDE, HOLD, CROSS, REPLACE, TOUCH, HOLD

- 1-2 Side step right (arms flow to right side of body), step left beside right
- 3-4 Side step right (arms flow to right side of body), hold
- 5-6 Cross left over right, replace weight on right
- 7-8 Touch left toe beside right instep, hold

Option: on count 5, rotate hands in circular motion bringing palms up on count 6. On count 7, bring hands, palms facing front, back to each side of body

SIDE, TOGETHER, SIDE, HOLD, CROSS, REPLACE, TOUCH, HOLD

- 1-2 Side step left (arms flow to left side of body), step right beside left
- 3-4 Side step left (arms flow to left side of body), hold
- 5-6 Cross right over left, replace weight on left
- 7-8 Touch right toe beside left instep, hold

Option: on count 5, rotate hands in circular motion bringing palms up on count 6. On count 7, bring hands, palms forward, back to each side of body

BACK, TOGETHER, FORWARD, HOLD, FORWARD, REPLACE, FORWARD, HOLD

- 1-2 Right back, step left beside right
- 3-4 Right forward, hold
- 5-6 Sway left forward, replace weight on right
- 7-8 Sway left forward, hold

Option: on count 1, rotate hands in circular motion bringing palms up on count 2. On count 3, bring hands, palms forward, back to each side of body. On count 5, stretch left hand forward palm up

FORWARD, ½ TURN LEFT, SIDE, HOLD, SWAY, SWAY, SWAY, HOLD

- 1-2 Right forward, pivot ½ turn left onto left foot
- 3-4 Side step right, hold
- 5-6 Sway hips left, sway hips right
- 7-8 Sway hips left, hold

Option: on count 1, extend right hand forward. On counts 2 and 3, sweep right hand over head. On counts 5 to 8, make circular movements going down and up with the hips. Also on counts 5 to 8, sway hands in front of body to right, left, right, left

REPEAT