Lunagirl

拍數: 32

級數: Intermediate

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音樂: Lunagirl - Lunaman

Start on heavy beats (approx 10 seconds)

SIDE TOGETHER, KICK & TOUCH X2, SIDE SWIVEL X3

- 1-2 Step R to R side, step L next to R
- Arms: 1 point both fists to R diagonal, 2 swing both fists to L diagonal
- 3&4 Kick fwd on R, step R next to L, touch L toe back
- Arms: 3 punch both fists fwd, & bring both fists to shoulder, 4 punch both fists down
- 5&6 Kick fwd on L, step L next to R, touch R toe back
- Arms: 5 punch both fists fwd, & bring both fists to shoulder, 6 punch both fists down
- &7&8 Step R to R side, swivel both heels R, swivel both heels L, swivel both heels R
- Arms: 7 swing both fists R, & swing both fists L, 8 swing both fists R

SIDE BEHIND, ¼ SHUFFLE, STEP PIVOT, ¼ TURNING SHUFFLE

- 1-2 Step L to L side, cross R behind L
- 3&4 Make ¼ turn L step fwd on L, step R next to L, step fwd on L (9:00)
- 5-6 Step fwd on R, pivot ¹/₂ turn L (3:00)
- 7&8 Make ¹/₄ turn L step R to R side, step L next to R, make ¹/₄ turn L step back on R (9:00)

ROCK & KICK & X2, WALK X2, ¼ SWIVEL X3

- 1&2& Rock back on L, recover on R, kick fwd on L, step down on L
- 3&4& Rock back on R, recover on L, kick fwd on R, step down on R

Arms: - 2&4 - punch both fists fwd

- 5-6 Walk fwd on L, walk fwd on R
- 7&8 On balls of both feet twist ¼ turn L, swivel to R, swivel to L (weight on L) (6:00)
- Arms: 7 raise both fists and push up R, & push up L, 8 push up R

SAILOR, SAILOR ¼ , SCUFF OUT OUT, SHAKE X2

- 1&2 Cross R behind L, step L to L side, step R to R side
- 3&4 Cross L behind R, step R next to L, make ¼ turn L step fwd on L (3)
- 5&6 Scuff R beside L, step R to R side, step L to L side
- 7-8 Shake your butt twice (weight on L)
- Arms: raise your R fist and wave twice

TAG: END OF WALL 4 – FACING FRONT -ROCK & STEP X2

1&2 Rock R to R side, recover on L, step R next to L

Arms – swing your R arm

- 3&4 Rock L to L side, recover on R, step L next to R
- Arms: swing your L arm





牆數:4