Talkin and Trendin

級數: Beginner / Improver

編舞者: Nancy Morgan (USA) - May 2014

音樂: Drive It Home - The Clovers : (Rhythm: West Coast Swing)

Begin after 72 counts.

拍數: 32

WALK, WALK, STEP, SWIVEL, SWIVEL, KICK, STEP OUT, CLAP

- 1,2 Walk Forward Right, Left
- 3,4,5,6Step Right Foot Forward And Lean Down Slightly Toward Feet, Swivel On Balls Of Both Feet
To The Left And Back To The Right As You Shift Weight To Left, Kick Right Slightly Forward
- &7,8 Quickly Hop Back And Shoulder Width Apart Right-Left

ROLL HIPS TWICE, SIDE SHUFFLE, ROCK STEP

- 1,2 Roll Hips Counter Clockwise
- 3,4 Roll Hips Counter Clock Wise
- 5&6 Side Shuffle Step Right To Right Side, Step Left Next To Right, Step Right To Right Side
- 7,8 Rock Back On Left And Forward On Right

VINE LEFT WITH A BRUSH SLIGHTLY FORWARD AND TO RIGHT, SET RIGHT TOES DOWN (PRESS) AND KICK OUT ¼ TURN TO RIGHT, COASTER STEP

- 1,2,3,4 Step Left Slightly Out To Left Side, Step Right Behind Left, Step Left To Left Side, Brush Slightly
- 5,6 Set Balls Of Feet Forward, Kick ¼ Turn To Right
- 7&8 Coaster Step Step Back On Right, Step Left Next To Right, Step Right Foot Forward

SHUFFLE FORWARD, PRESS AND LIFT, TAP & SNAP, REPEAT ON RIGHT

- 1&2 Shuffle Forward Step Left Forward, Step Right Next To Left, Step Left Forward
- 3,4 Step/Press Right Out To Right Side, Slap Right Thigh As You Lift Right Foot Up And Behind Left
- 5,6 Step Right To Right Side, Touch Left Next To Right And Snap
- 7,8 Step Left To Left Side, Touch Right Next To Left And Snap

REPEAT

Contact: nancymorgan@hotmail.com





牆寠

牆數:4