

Mickey James

Count: 32

Wand: 4

Ebene:

Choreograf/in: Big Mucci (USA) - February 2019

Musik: The Mickey James - Big Mucci



[1-8] Hop Steps

- 1-4 Step Up (1,2) Step Back (3,4)
5-8 Syncopated Hop: Step Up &5, Step Back &6, Step Out right &7, Step Back left &8

[9-16] Heel Kicks & Step Turns

- 1-4 Kick right foot up, touching weight on your heel and then replace right foot beside left. Kick left foot up, touching weight on your heel and then replace left foot beside right foot
5-6 Step forward on the right foot, placing your weight on the ball of the right foot and step turn 90° left replacing weight on the left foot
7-8 Step forward on the right foot, placing your weight on the ball of the right foot and step turn 90° left replacing weight on the left foot

[17-24] Cha Cha pivot turns

- 1-4 With your right foot, shuffle or cha cha forward - Triple step 1&2 then step turn pivot right 180° 3,4
5-8 With your left foot, shuffle or cha cha forward - Triple step 5&6 then step turn pivot left 90° 7,8

[25-32] Rocking Cha Cha's

- 1-4 With right foot - rock forward on your right foot and, shifting weight back to your left foot, step back left
5-8 With left foot - rock forward on your left foot and, shifting weight back to your right foot, step back right

Repeat to completion of music

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