

Popeye

Count: 32

Wand: 2

Ebene: Beginner

Choreograf/in: Ronnie Fortt (UK)

Musik: Tall Ships - Greyhound Express



HEEL SPLITS ON THE SPOT (X3), TOE SPLITS ON THE SPOT (X1)

- 1-2 Taking weight on both toes: fan heels apart, fan heels together
- 3-4 Taking weight on both toes: fan heels apart, fan heels together
- 5-6 Taking weight on both toes: fan heels apart, fan heels together
- 7-8 Taking weight on both heels: fan toes apart, fan toes together

Fun: for extra fun - with fingers laced, use ripple effects from one elbow to the other, similar to Rob Fowler's 'B.UUT' and also Jamie, Alan, Pedro & Jo's 'Java Jive'

RIGHT GRAPEVINE WITH AN ENDING STEP, RIGHT SWIVET (TWICE)

- 1-2 Step right to right side, cross-step left behind right
- 3-4 Step right to right side, step left beside right
- 5 Taking weight on right heel & left toe: swivel right toe right & left heel left
- 6 Return both feet to center
- 7-8 Repeat above counts (5-6)

LEFT GRAPEVINE WITH AN ENDING TOUCH, STEP, HOLD (½-LEFT) HOLD

- 1-2 Step left to left side, cross-step right behind left
- 3-4 Step left to left side, touch right toe beside left
- 5-6 Step forward on right, hold for (1) count
- 7-8 Pivot ½ turn over left shoulder, hold for (1) count

RIGHT & LEFT SHUFFLES FORWARD, ROCK FORWARD/BACK, STOMP RIGHT/LEFT IN PLACE

- 1&2 Step forward on right, step left beside right, step forward on right
- 3&4 Step forward on left, step right beside left, step forward on left

Arms: for more fun - fold arms across body like a sailor leaning right then left as you shuffle. The boat is rocking!

- 5-6 Rock forward onto right, rock weight back onto left

Styling: try rolling the body to make a large wave

- 7-8 Stomp right beside left, stomp left beside right

REPEAT