

40 West

Count: 40

Wand: 0

Ebene:

Choreograf/in: Roz Morgan (USA)

Musik: We Like To Party - Vengaboys



KICK, STEP TOUCHES, HEEL FORWARD, TOE SIDE, SAILOR SHUFFLE

- 1&2 Kick right foot forward, step right foot next to left foot, touch left foot back
- 3&4 Kick left foot forward, step left foot next to right foot, touch right foot back
- 5-6 Touch right heel forward, touch right toe to side
- 7&8 Cross right foot behind left foot, step left foot to left side, step right foot to right side

KICK, STEP TOUCHES, HEEL FORWARD, TOE SIDE, SAILOR SHUFFLE

- 1&2 Kick left foot forward, step left foot next to right foot, touch right foot back
- 3&4 Kick right foot forward, step right foot next to left foot, touch left foot back
- 5-6 Touch left heel forward, touch left toe to side
- 7&8 Cross left foot behind right foot, step right foot to right side, step left foot to left side

RUNNING MAN, CHASSE, ROCK, RECOVER

- 1&2 Step forward on right foot, pull back on right foot as you lift left foot off floor, step forward on left foot
- &3 Pull back on left foot as you lift right foot off floor, step forward on right foot
- &4 Pull back on right foot as you lift left foot off floor, step forward on left foot
- 5&6 Chasse right, left, right to right side
- 7-8 Rock back on left foot, recover on right foot

VINE, SYNCOPATED CROSS, APPLEJACKS

- 1-2 Step left foot to left side, step right foot behind left foot
- &3 Quick step left foot to left side, cross right foot over left foot
- &4 Quick step left foot to left side, step right foot to right (6-8 inches apart)
- 5& Weight on right toe, left heel, bring heels in, return heel and toe to center
- 6& Weight on left toe, right heel, bring heels in, return heel and toe to center
- 7& Weight on right toe, left heel, bring heels in, return heel and toe to center
- 8& Weight on left toe, right heel, bring heels in, return heel and toe to center

SYNCOPATED HEELS, ROCK, RECOVER, ½ TURN, STOMPS

- 1& Right heel forward, replace next to left foot
- 2& Left heel forward, replace next to right foot
- 3& Right heel forward, replace next to left foot
- 4& Left heel forward, replace next to right foot
- 5-6 Rock forward on right foot, recover on left foot
- 7-8 ½ turn right while stomping right foot, stomp left foot in place

REPEAT
