

455 Special

Count: 32

Wand: 2

Ebene: Intermediate

Choreograf/in: Lana Harvey (USA)

Musik: She's Got The Rhythm - Alan Jackson



STEP, TWIST, STEP, TWIST, TOE SLIDES

- 1 Step straight forward on right
- 2 Hug left knee to right leg (knees touching, left toe pointing down) and twist 45 degrees to right on ball of right
- 3 Step straight forward on left
- 4 Hug right knee to left leg and twist 45 degrees to left on ball of left
- 5 With body still at 45 degrees to left side, slide right toe away from left
- 6 Slide right toe back to left
- 7-8 Repeat 5 and 6

CAMEL WALK, PIVOT ½ TO THE RIGHT, CAMEL WALKS

- 9 Step straight forward on right
- & Step left forward and on outside of right (lock step)
- 10 Step straight forward on right
- 11-12 Put left toe forward, pivot ½ turn to the left on ball of right
- 13-14 Step forward on left, step right forward and on outside of left
- 15 Step forward on left
- & Step right forward and on outside of left
- 16 Step forward on left

HEEL, HOLD, ¼ TURN, HEEL, HOLD, ¼ TURN, HEEL, HOLD, CLOSE, HEEL, TOE

- 17 Touch right heel forward
- 18 Hold and clap
- & Making ¼ turn to the right, step right next to left
- 19 Touch left heel forward
- 20 Hold and clap
- & Making ¼ turn to the right, step left back next to right
- 21 Touch right heel forward
- 22 Hold and clap
- & Bring right back next to left
- 23 Touch left heel forward
- 24 Touch left toe back

SIDE ROCKS, HEEL, CROSS TOE, ½ TURN, HIPS

- 25-26 Step left to left side and shift weight to it, shift weight to right
- 27-28 Shift weight to left, shift weight to right
- 29-30 Touch left heel forward, cross left toe over right
- & Pivot ½ turn to the right shifting weight to left
- 31&32 Drop left heel and flex right knee as you move hips left, center, left

REPEAT