Behind The Green Door

级数: High Beginner

编舞者: Lois Roberts (USA) - September 2015

墙数:4

- 音乐: Green Door Shakin' Stevens
 - 或: The Green Door Jim Lowe

S1: HIP BUMPS

- 1-4 Bump hips right twice, Bump hips left twice
- 5-8 Bump hips right, left, right, left

S2: SIDE MAMBO RIGHT AND LEFT

- 1-2 Rock right foot to right side, recover weight on left foot
- 3-4 Step together with right foot, HOLD
- 5-6 Rock left foot to left side, recover weight on right foot
- 7-8 Step together with left foot, HOLD

S3: SIDE MAMBO RIGHT WITH ¼ TURN LEFT, SIDE MAMBO LEFT

- 1-2 Rock right foot to right turning ¼ Left, recover weight on left foot
- 3-4 Step together with right foot, HOLD
- 5-6 Rock left foot to left side, recover weight on right foot
- 7-8 Step together with left foot, HOLD

S4: SAILOR & HOLD LEFT AND RIGHT

- 1-4 Step right behind left, left to side, right together, HOLD
- 5-8 Step left behind right, right to side, left together, HOLD

S5: STEP WITH ¼ TURN WITH HOLD TWICE

- 1-2 Step forward right, HOLD
- 3-4 Turn ¼ left, HOLD
- 5-8 Repeat steps 1-4

S6: RIGHT KICK BALL CHANGE X 2 WALK BACK WITH A JUMP

- 1&2 Kick right forward, step on ball of right, step left beside right
- 3&4 Repeat steps 1&2
- 5-8 Walk back right, left, right, jump both feet slightly apart (8)

HAVE FUN (Dance Needs To Be Done With Attitude)

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拍数: 48