

Caravan Charleston

拍数: 32 墙数: 4 级数: High Intermediate
编舞者: Lilian Lo (HK) - September 2017
音乐: Rock It for Me - Caravan Palace : (Album: Caravan Palace - Panic - 3:12)



[&1 – 8] Charleston basics

- &1&2 Swivel L heel out while swinging R out (&), swivel L heel in while crossing R over L (1), swivel R heel out while swinging L out (&), swivel R heel in while crossing L over R (2)
- &3&4 Repeat the above
- &5&6 Swivel L heel out while swinging R out (&), swivel L heel in while crossing R over L (5), swivel L heel out while swinging R out (&), swivel L heel in while crossing R BEHIND L (6)
- &7&8 Swivel R heel out while swinging L out (&), swivel R heel in while crossing L BEHIND R (7), swivel R heel out while swinging L out (&), swivel R heel in while crossing L over R (8) @ 12:00

Dance on the balls of both feet for easy maneuver.

[9 – 16] Scuff, hitch, step, flick & turn, heel dig, bend, hand swipes

- 1&2 3&4& Scuff R (1), hitch R (&), replace R (2), flick RF to side (3), LF ¼ turn L, close RF (&), flick R (4), LF ¼ turn L, close RF (&) @ 6:00
- 5 6 7 8 Heel dig diagonal R fwd (5), bend body straight down toward R leg (6), R hand swipe RF from R to L (7), R hand swipe RF from L to R (8)

[17 – 24] Big step knee bend, twist R, jazz box

- 1 2 3&4& Straighten up body, RF big step to side with both knees bent, L knee pointing L, R knee pointing R (1), straighten up legs, close L (2), swivel heels to R (3), swivel toes to R (&), swivel heels to R (4), swivel toes to R (&) @ 6:00
- 5 6 7 8 Cross LF over RF (5), step RF back (6), step LF diagonally L back (7), step RF fwd (8)

[25 – 32] Kicks, behind, side, cross, tap R, heel swivels, run around

- 1&2& Kick L heel to side (1), retract LF (&), kick L heel to side (2), retract LF (&)
- 3&4& Step LF behind RF (3), step RF to side (&), cross LF over RF (4) tapping RF to R diagonal (&) @9:00
- 5&6& Swivel R heel out-in-out -in while bringing R hip up-down-up-down (5&6&)
- 7&8& Run around 3/4 circle R stepping R-L-R-L (7&8&) @ 3:00

Have fun with this energetic dance!
