

The Tarzan Dance

拍数: 128 墙数: 1 级数: Phrased Beginner
编舞者: Satu Ketellapper (NL) - October 2018
音乐: Ge Bi Tai Shan (隔壁泰山) - Ah Li Lang (阿里郎)



Sequence: A A B C B C B32counts, C A A

Part A 16 counts

A[1-8] hop to R, hop to L, hip bumps

1-2 Hop to R side, R arm to R side and bend R elbow
3-4 Hop to L side, L arm to L side and bend R elbow
5&6 touch RF fwd, bump hip to R, bump hip to L, bump hip to R (arms going up and down)
7&8 Bump hip to L, bump hip to R, bump hip to R (arms going up and down)

A[9-16] Pose 2x, hop out

1-4 pose of your own choice 2x
5&6 hop out, R arm stretch out to R side, bend L arm and go up and down
7&8 R arm stretch out to R side, bend L arm and go up and down

Part B: 64 counts

B[1-8] toe struts 2x, jazz box

1-4 toe struts, R, F
5-8 RF cross over LF, LF step back, RF step to R side, LF close together RF

B[9-16] body roll 2x, hop out, cross, full turn

1-2 RF step to R side with Bodyroll to R, LF touch close to RF
3-4 LF step to L side with Bodyroll to L, RF touch close to LF
5-6 Hop out
7-8 RF cross over LF, full turn

B[17-24] kick, walk 2x, kick 2x, walk

1-4 RF kick back, RF step fwd (10:30), LF step fwd (10:30), ½ turn RF kick fwd (2:30),
5-8 LF kick back, LF step fwd, RF step fwd, ¼ turn (12:00)

B[25-32] hip swing 2x, point 2x, body roll

1-2 RF step to R side, swing hips to R
3-4 swing hips to L, put weight on LF
5&6 RF touch R side, RF close together LF, LF touch L side
7-8 Body from down to up

B[33-40] toe, heel 2x, jazz box

1-2 R toe in, R heel out
3-4 L toe in, L heel out
5-8 LF cross over RF, RF step back, LF step to L, RF touch together LF

B[41-48] cross over, syncopathed weave, rockstep, coasterstep

&1,2 LF cross over RF, RF step to R side
3&4 LF cross behind RF, RF step to R side, LF cross over RF
5-6 RF rockstep fwd, recover
7&8 RF step back, LF close together RF, RF step fwd

B[49-56] hop out, R arm up, L arm fwd

1-4 hop out, R arm stretch out up

5-8 R arm down, L arm stretch out fwd

[57-64] step touch 2x, paddle turn

1-2 RF step to R side, LF step close together RF, R elbow bend up

3-4 LF step to L side, RF step close together LF, L elbow bend up

5-8 Paddle turns to L side finish 12:00

Part C 48 counts

C[1-8] Arm movements

1 bend both elbows, R hand up, L hand down

2 L hand up, R hand down

3&4 Roll arms, R hand up, L hand down

5 L hand up, R hand down

6 R hand up, L hand down

7&8 roll arms

C[9-16] Shimmy

1-4 Shimmy to the L, arms behind back

5-8 shimmy to the R, arms behind back

[17-24] walk to L, walk to R

1-4 walk to L side (9:00) R, L, R, L (Egyptian walk)

5-8 walk to R side (3:00) L, R, L, R (Egyptian walk)

C[25-32] shimmy

1-4 Shimmy to the L, arms behind back

5-8 shimmy to the R, arms behind back

C[33-40] shimmy

1-4 Shimmy to the L, arms behind back

5-8 shimmy to the R, arms behind back

C[41-48] shimmy, hop out

1-4 shimmy to the L, arms behind back

5&6 hop out, R arm stretch out to R side, bend L arm and go up and down

7&8 R arm stretch out to R side, bend L arm and go up and down

Contact: satuketellapper@gmail.com
