

5678

拍数: 32 墙数: 0 级数: Beginner
编舞者: Cheri Litzenburg (USA) - August 2021
音乐: 5,6,7,8 - Steps



STOMP FORWARD (R-L-R-L), TAP RIGHT 2X

1-2 Stomp forward on right foot, stomp forward on left foot
3-4 Stomp forward on right foot, stomp forward on left foot
5-6 Tap right toe to right side, touch next to left
6-8 Tap right toe to right side, touch next to left

GRAPEVINE RIGHT, GRAPEVINE LEFT W/ ¼ TURN LEFT

9-10 Step right to right side, step left behind right
11-12 Step right to right side, touch left next to right
13-14 Step left to left side, step right behind left
15-16 Step left to left side, turn ¼ turn left, touch right next to left

HOP FORWARD, HOLD, HOP BACKWARD, HOLD, HIP BUMPS (R-L-R-L)

17-18 Hop forward on both feet, hold for one beat
19-20 Hop backward on both feet, hold for one beat
21-24 Bump hips (right, left, right, left)

SHUFFLE FORWARD, ROCK FORWARD, SHUFFLE BACKWARD, ROCK BACK

25&26 Shuffle forward right (step right foot slightly forward, slide left foot to right instep, step right foot slightly forward)
27-28 Step forward on left, rocking weight forward on left, then recovering on right
29&30 Shuffle backward left (step left foot slightly backward, slide right foot to left instep, step left foot slightly backward)
31-32 Step backward on right, rocking weight back on right, then recovering on left

REPEAT
