

Gibberish

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Rex Allott (UK) - September 2021
音乐: Forgot About Dre (feat. Eminem) - Dr. Dre



Intro - 32 beats

Sequence - S1, S2, S3, S4, S5, S4, S6, S4. (Finish S1, S4 to face front)

S1. Touch R out R, forward, R, return, rpt L

- 1-2. Touch R toe out R, forward
- 3-4. Touch R toe out R, step next to L
- 5-6. Touch L toe out L, forward
- 7-8. Touch L toe out L, step next to R

S2. Turning 1/4 L cross jump R over L, cross jump L over R, jump R next to L, step R forward, back, return

- 1&2. Turning 1/4 L, cross jump R over L, pause
- &3&4. Cross jump L over R, pause
- &5-6. Jump R forward, return weight to L
- 7-8. Step R back, step R forward next to L

S3. Tap R heel out R, return, tap R heel out x 2, rpt L

- 1-2. Tap R heel out, return
- 3-4. Tap R heel out x 2
- &5-6. Step R next to L, tap L heel out, return
- 7-8. Tap L heel out x 2

S4. Rpt S2. without 1/4 turn L

S5. Toe, heel swivels R, L (add optional hand swivels)

- 1-2. Swivel R toe out, swivel R heel out
- 3-4. Swivel R heel in, swivel, R heel in
- 5-6. Swivel L toe out, swivel L heel out
- 7-8. Swivel L heel in, swivel L heel in

S6. Heel digs L, R, heel, toe, heel L

- 1-2. Dig L heel forward, step L next to R
- 3-4. Dig R heel forward, step R next to L
- 5-6. Dig L heel forward, tap L toe back (fanning out L heel)
- 7-8. Dig L heel forward, step L next to R

For a more leisurely experience dance to 'Go in' Crazy With The Blues' by The Hot Sardines