

5-6-7-8

拍数: 32 墙数: 4 级数: Beginner
编舞者: "Rodeo" Ruth Lambden (UK)
音乐: 5,6,7,8 - Steps



Heel And Toe Twists & Clap

- 1 - 4 Twist Heels Left. Twist Toes Left. Twist Heel Left. Clap.
5 - 8 Twist Heel Right. Twist Toes Right. Twist Heels Right. Clap.

Step Slaps & Hip Pushes.

- 9 - 10 Step Left Foot Forward & Slap Left Hand On Left Hip.
11 - 12 Step Right Foot Forward & Slap Right Hand On Right Hip.
13 - 14 Bend Knees. Push Hips Left As You Straighten Legs.
15 - 16 Bend Knees. Push Hips Right As You Straighten Legs.

Right & Left Chasse With Lasso.

- 17 - 18 Step Right To Right Side. Close Left Beside Right.
19 - 20 Step Right To Right Side. Close Left Beside Right.

(While Performing Steps 17 - 20 Lasso With Right Arm)

- 21 - 22 Step Left To Left Side. Close Right Beside Left.
23 - 24 Step Left To Left Side. Close Right Beside Left.

(While Performing Steps 17 - 20 Lasso With Left Arm)

Pistol Points (with Optional Heel Jacks).

Note : Link Hands To Make Gun Shape And Hold To Chest.

- 25 - 26 Stretch Arms Out To Left Diagonal. Bend Elbow & Return To Chest.
27 - 28 Stretch Arms Out To Right Diagonal. Bend Elbows & Return To Chest.

Option : The More Experienced Dancer May Like To Put Heel Jacks With These Pistol Points.

March 1/4 Turn Left, Rolling Fists.

- 29 - 32 Turn 1/4 Turn Left By Marching On Spot - Right , Left, Right, Left.

Note : While Marching On Spot Roll Left Fist In Front Of Chest And Right Fist Above Head Shouting - 5, 6, 7, 8.
