

Wednesday

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Diane Kessel (USA) & Marissa Pardo (USA) - January 2023
音乐: Goo Goo Muck - The Cramps



Sequence 64, tag, 64, 16, tag, 56, tag, 16, restart, 64, tag, 64, 24 (end)

Intro: 16 counts

Begin with weight in center on both feet

[1 – 8] 12:00 - Lift R Elbow, Lift L Elbow, Swing Arms R>L, Lift R Hand, Cross L Hand, Snap R 2x

- 1, 2 Feet shoulder width apart lift R elbow to R (chest height) w/ arm hanging down, lift L elbow to L (chest height) w/ arm hanging down
- 3,4 Swings hands R, swing hands L
- 5,6 Lift R hand up, connect L hand to R elbow
- 7,8 Snap fingers on R hand, snap fingers on R hand

[9 – 16] 12:00 - Hip Roll 1/4 Turns x3, Cross 1/2 Turn Unwind

- 1, 2 Keeping arms in position - touch R fwd, 1/4 turn L w/ hip roll
- 3,4 Keeping arms in position - touch R fwd, 1/4 turn L w/ hip roll
- 5,6 Keeping arms in position - touch R fwd, 1/4 turn L w/ hip roll
- 7,8 Cross R>L, 1/2 turn L unwind

[17 – 24] 9:00 - Swivel R toe, heal, toe, heal

- 1, 2 Place hands down parallel to floor into piano position - swivel R toe R (move hands R), swivel heel R (move hands to center)
- 3,4 Hands in piano position - swivel R toe R (move hands R), swivel heel R (move hands to center)
- 5,6 Hands in piano position, look up - swivel R heel L (move hands R), swivel toe L (move hands to center)
- 7,8 Hands in piano position, looking up - swivel R heel L (move hands R), swivel toe L (move hands to center)

[25 – 32] 9:00 - Walk, Walk, Step R Out, Step L Out, R Knee Dip, L Knee Dip

- 1,2 (Look down) Step R fwd, Step L fwd
- 3,4 Step R to R side, Step L shoulder width apart next to R
- 5,6 Dip R knee in towards L knee, bring to standing position
- 7,8 Dip L knee in towards R knee, bring to standing position

[33 – 40] 9:00 - Toe Struts x2, Jazz Box 1/4 Turn

- 1, 2 1/4 Turn R - Step R toe fwd, heel down
- 3,4 Step L toe fwd, heel down
- 5,6 Cross R>L, Step L back
- 7,8 Step R 1/4 Turn R, Step L next to R

[41 – 48] 3:00 - Swivel R Toe, Heel, Toe, Heel

- 1, 2 Bring hands to chest in a fist lifting elbows out - swiveling both feet toes to the R (look R, move arms L)
- 3,4 Swivel heels R (look center. Move arms to center)
- 5,6 Swivel toes R (look R, move arms L)
- 7,8 Swivel heels R (look center, move arms to center)

[49 – 56] 9:00 - Toe Strut 1/8 Turn L x4

- 1, 2 Step L toe fwd w/ 1/8 turn L (drag L arm all the way up, R arm down), heel down

- 3,4 Step R toe fwd w/ 1/8 turn L (drag R arm all the way up, L arm down), heel down
- 5,6 Step L toe fwd w/ 1/8 turn L (drag L arm all the way up, R arm down), heel down
- 7,8 Step R toe fwd w/ 1/8 turn L (drag R arm all the way up up, L arm down), heel down

[57 – 64] 6:00 - Step L, Step R Together x4

- 1,2 Step L to L side (press L elbow to body & fist to shoulder, R arm straight down), Step R next to L (L arm straight down, bend R elbow to lift fist up)
- 3,4 Step L to L side (press L elbow to body & fist to shoulder, R arm straight down), Step R next to L (L arm straight down, bend R elbow to lift fist up)
- 5,6 Step L to L side (press L elbow to body & fist to shoulder, R arm straight down), Step R next to L (L arm straight down, bend R elbow to lift fist up)
- 7,8 Step L to L side (press L elbow to body & fist to shoulder, R arm straight down), Step R next to L (L arm straight down, bend R elbow to lift fist up)

TAG [1 – 8] Duck w/ Stomp, Stomp, Stomp, R Arm w/ Tap, Tap, Tap

- 1, 2 Facing fwd duck low
- 3&4& Stomp R, L, R, L
- 5,6 Continue ducking
- 7&8& R arm up & tap 4 times with pointer finger

Last Update: 9 Jan 2023
