

Itchy Twitchy Feeling

拍数: 64 墙数: 4 级数: Low Intermediate
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音乐: Itchy Twichy Feeling - Bobby Hendricks : (Album: The Sue Records Story: The Sound of Soul)



Starting point: At the vocals, at about 0:06.

Note: You have an optional ending to the dance. Details are at the end of the script.

KICK BALL STEP, SHUFFLE FORWARD, ROCK STEP, SWEEP, STEP

1&2 Kick right forward, step right next to left, step left forward
3&4 Step right forward, step left next to right, step right forward
5-6 Rock left forward, recover weight back to right
7-8 Sweep left from front to back, step weight to left

BACK KICK BALL STEP, 1/4 LEFT TURNING SHUFFLE STEP, BACK ROCK, SLIDE, TOGETHER

1&2 Kick right BACK, step right next to left, step left forward
3&4 Turn 1/4 to left and step right to right side, step left next to right, step right to right side
5-6 Rock left back, recover weight back to right
7-8 Take a big step to the left with left foot, slide right next to left (weight ends up on left)

Note: The rock step back on counts 5-6 can be done as a back kick ball step as well if you want. Just remember to change the rhythm to 5&6.

CROSS TOE STRUT, SIDE SHUFFLE, 1/4 RIGHT TURNING ROCK STEP, SWEEP, STEP ACROSS

1-2 Touch right toe across left, step weight to right
3&4 Step left to left side, step right next to left, step left to left side
5-6 Rock left back, turn 1/4 to right while recovering weight to left
7-8 Sweep left from back to front while stepping right forward, step left across right

Note: The rock step back on counts 5-6 can be done as a back kick ball step as well if you want. Just remember to change the rhythm to 5&6 and remember to turn with it 1/4 to right.

JUMP OUT, WEIGHT CHANGE, HOLDS, HIP BUMPS

&1-2 Step right back, step left to left side, transfer weight from left foot to right
3-4 hold, hold
5-8 Bump your hips left, right, left, right

TOE STRUTS TO LEFT, SHUFFLE LEFT, ROCK STEP

1-2 Touch left toe to left, step weight to left
3-4 Touch right toe across left, step weight to right
5&6 Step left to left side, step right next to left, step left to left side
7-8 Rock right back, recover weight back to left

TOE STRUTS TO RIGHT, SHUFFLE RIGHT, ROCK STEP

1-2 Touch right toe to right, step weight to right
3-4 Touch left toe across right, step weight to left
5&6 Step right to right side, step left next to right, step right to right side
7-8 Rock left back, recover weight back to right

QUICKSTEP -STYLED KICKS WITH A 1/4 LEFT TURN AND A FLICK

1& Kick left to left side, step left next to right
2& Kick right to right side, step right next to left
3-4& Kick left to left side, kick left to left side, step left next to right

- 5& Kick right to right side, step right next to left
- 6& Kick left to left side, step left next to right
- 7-8 Kick/Touch right to right side, turn 1/4 to left and flick right back

1/2 PIVOT TURN WITH HOLDS, JAZZBOX

- 1-2 Step right forward, hold
- 3-4 Turn 1/2 to left, hold
- 5-6 Step right across left, step left back
- 7-8 Step right to right side, step left forward

REPEAT

OPTIONAL ENDING:

After wall 5, the music repeats the part "Your arms and legs start flapping.." twice, basically the last 16 counts of the dance are played twice. If you want, you can go along with the music and repeat the last 16 counts twice on that part. In order to do that, change the last counts to following:

QUICKSTEP -STYLED KICKS WITH A 1/4 LEFT TURN AND A FLICK

- 1& Kick left to left side, step left next to right
- 2& Kick right to right side, step right next to left
- 3-4& Kick left to left side, kick left to left side, step left next to right
- 5& Kick right to right side, step right next to left
- 6& Kick left to left side, step left next to right
- 7-8 Kick right to right side, turn 1/4 to left and flick right back

1/2 PIVOT TURN WITH HOLDS, JAZZBOX WITH A TOUCH

- 1-2 Step right forward, hold
- 3-4 Turn 1/2 to left, hold
- 5-6 Step right across left, step left back
- 7-8 Step right to right side, TOUCH LEFT NEXT TO RIGHT

QUICKSTEP -STYLED KICKS WITH A 1/4 LEFT TURN AND A FLICK

- 1& Kick left to left side, step left next to right
- 2& Kick right to right side, step right next to left
- 3-4& Kick left to left side, kick left to left side, step left next to right
- 5& Kick right to right side, step right next to left
- 6& Kick left to left side, step left next to right
- 7-8 Kick right to right side, turn 1/4 to left and flick right back

1/4 PIVOT TURN WITH HOLDS, JAZZBOX

- 1-2 Step right forward, hold
- 3-4 Turn 1/4 to left, hold
- 5-6 Step right across left, step left back
- 7-8 Step right to right side, step left forward

If you prefer dance it normally from the top until the music ends on the extra 32 counts (and not do the 32 counts described above), then change 1/4 right turning rock step to a normal rock step (counts 21-22) so that you end up facing the front wall.
