Spongebob Style

拍数: 32   **墙数:** 4   **级数:** Improver

编舞者: Kaleb Shrimpton (UK) - September 2024

音乐: Squeeze Me - N.E.R.D

SEC 1 TOE STRUT, TOE STRUT, ROCK, STEP, HITCH

1-2	Toe strut right to right side, place weight down on right foot
3-4	Cross strut left over right, place weight down on left foot
5-6	Rock right foot out to the side, recover weight onto left
7-8	Step right foot back and drag the left on the same count, hitch left leg into the air

SEC 2 DOROTHY, STEP BACK ¼, SLIDE, HITCH KICK HITCH

1-2	Dorothy step on the left foot
3-4	Cross right over left, step left back, turning a ¼ over the right shoulder
5&6	Step the right out to the right side, drag the left foot, hitch the left
7-8	Kick the left foot, hitch the left foot

SEC 3 ROCK, TOE STRUT ¼, TOE STRUT ½ & ROCK RECOVER

1-2	Rock the left foot forward, recover weight onto the right
3-4	Point the left a ¼ over the left shoulder (3:00), place weight down on left foot
5-6	Point right a ½ over the left shoulder (9:00), place weight down on the right foot
&7-8	Step left next to right, rock right foot out, recover weight onto the left foot

SEC 4 SAILOR ¼ TURN, STEP LOCK STEP, STEP LOCK STEP, STEP SCUFF

1&2	Sailor step ¼ turn over the right shoulder (12:00)
3&4	Step the left foot to the left diagonal, lock the right behind, step the left in front
5&6	Step the right to the right diagonal, lock the left behind, step the right in front
7-8	Step left a ¼ over the right shoulder (3:00) scuff the right foot

During the dance, on the hold counts the song will say: "Yeah!" Feel free to throw your arms in the air as if you're cheering because it fits the music very nicely.
It'd a bit cheesy I know.