

Legs

拍数: 32 墙数: 4
编舞者: Stacey Barnett (USA)
音乐: Legs - Trace Adkins

级数: Improver



FRONT & BACK CHA-CHA BASIC

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

STEP HITCHES WITH CLAPS, JUMP, CROSS, UNWIND ½ TURN WITH BODY ROLL

- 1-2 Step right, hitch left and scoot slightly forward on right and clap hands
- 3-4 Step left, hitch right and scoot slightly forward on left and clap hands
- 5-6 Jump out left and right, close crossing right over left
- 7-8 Unwind ½ turn to the left with a slight body roll

TRAVELING HIP BUMPS, STEP ½ PIVOT, STEP ¼ PIVOT

- 1&2 Step forward right, bump hips right, left, right
- 3&4 Step forward left, bump hips left, right, left
- 5-6 Step forward right, pivot ½ turn left stepping forward left
- 7-8 Step forward right, pivot ¼ turn left stepping forward left

STEP-TOGETHER-STEP-TOGETHER WITH HIP ROLLS

- 1-2 Angling slightly right, side step right, step together left while rolling hips in a circle to the right
- 3-4 Still angling slightly right, side step right, touch left next to right and square off to front while rolling hips in a circle to the right
- 5-6 Angling slightly left, side step left, step together right while rolling hips in a circle to the left
- 7-8 Still angling slightly left, side step left, touch right next to left and square off to front while rolling hips in a circle to the left

REPEAT

RESTART

The restart is on the 8th wall. The music will have just finished an instrumental bridge and the restart will begin when Trace Adkins' vocals come in again with a deep "She's got legs." You will have just finished the jump-cross-unwind and will just begin again with the front and back cha-cha basic
