

Lindy's Hop

拍数: 48 墙数: 4 级数: Intermediate
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音乐: The Dirty Boogie - The Brian Setzer Orchestra



LINDY WHIP

1-2 Rock back on left ball of foot, step on right foot in place
3&4 Turn ¼ to the right while doing a crossing triple
Can be a tap step or a kick step
5-6 Turning ½ turn to the right take 2 walking steps right, left
7&8 ¼ turn right triple step right, left, right

This step is not difficult but you really need to be aware that when you do the first triple, you need to think about coming back to where you started as you walk 5,6. There is a tendency to forget this and to do a rock step on 5,6. Because the dance is fast, as you turn on 5,6 you will usually really make ¾ of a turn.

6-COUNT BASIC RIGHT TURN TWICE WITH ROCK STEP KNEE POP

1-2 Rock step back on left foot and in place right
3&4 Cross triple with ¼ turn right
5&6 Triple step turning another ¼ turn
7-8 Rock step back on left foot and in place right

1&2-3&4 ¼ turning basic with 2 triple steps left, right, left, then right-left-right
5-6 Rock step left right

We are now back to where we started

7-8 Bring left foot together to right and keep weight on balls of feet and split knees out then in (knee pop)

SAVOY KICKS

1-4 Kick right leg forward, bring right knee up, kick right straight back, bring right behind left and take weight on right, while releasing weight on left

This is like riding a bicycle backwards

5-8 Repeat the move on the left foot (kick, knee up, kick back, replace weight by stepping on the left)

You should add a small hop on each kick with the weight hopping on one foot for 4 counts then on the other for 4 counts

CROSS TAPS OR HOPS

1-2 Cross and step with the right in front of the left, point the left foot to the side
3-4 Turning slightly to the right keep tapping the left foot to the side
5-6 Step with the left crossed in front of the right, point the right foot to the side
7-8 Turning slightly to the left keep tapping the right foot to the side, then tap the right together

When you start going fast, you will be able and actually want to do small hops with the outside leg slight out instead of the points

BOOGIE WALK (SHORTY GEORGE)

1&2 Kick the right foot forward, step right foot together, and push the weight on to the left leg forcing both knees to go sideways to the left
&3 Switch weight to the right (baby walks forward) while pushing both knees to the right
&4&5&6 Repeat &2&3&4
7 Step forward with the right foot
8 Turn ¼ turn left and tap left foot together with right

Don't get too intimidated by this step. Any form of walking forward with hips going is acceptable!

REPEAT
