

Lisa

拍数: 32 墙数: 2 级数: Improver
编舞者: Lynn Drake (UK) & Sarah Drake (UK)
音乐: Don't Let's Talk About Lisa - Lonestar



RIGHT STOMP, LEFT SINGLE-PIGEON HEEL, LEFT STOMP, RIGHT SINGLE-PIGEON HEEL

- 1-2 Stomp right foot forward, twist left heel outwards (keeping left foot in starting place)
- 3-4 Twist left heel inwards, twist left heel outwards
- 5-6 Stomp left foot forward, twist right heel outwards (keeping right foot in starting place)
- 7-8 Twist right heel inwards, twist right heel outwards

RIGHT KICK TWICE, RIGHT COASTER STEP, STOMPS - LEFT, RIGHT, CLAP TWICE

- 9-10 Kick right foot forward twice
- 11&12 Step back on right foot, place left next to right, step forward on right
- 13-14 Stomp forward left then right
- 15-16 Clap hands two times

RIGHT VINE WITH CLAP, LEFT VINE WITH CLAP

- 17-18 Step right to right side, cross left behind right
- 19-20 Step right to right side, touch left next to right foot while clapping once
- 21-22 Step left to left side, cross right behind left
- 23-24 Step left to left side, touch right next to left while clapping once

RIGHT SHUFFLE FORWARD, PIVOT ½ RIGHT, STOMPS - LEFT, RIGHT, JUMP LEGS OUT AND IN

- 25&26 Step forward on right, step left beside right, step forward on right
- 27-28 Step forward on left foot, pivot ½ turn right transferring weight onto right foot
- 29-30 Stomp left foot forward, stomp right foot forward
- 31-32 Jump legs apart (shoulder width), jump feet together

REPEAT

TAG

At the end of 1st wall, repeat steps 29-32. At the end of 7th wall, repeat steps 29-32 twice

BRIDGE

In the middle of the 11th wall, after step 16, add this bridge then continue from step 17 (the vines)

CLAP TWICE, TOE STRUTS WITH HEEL BOUNCE

- 1-2 Clap twice
- 3-4 Step forward on right toe, snap heel down
- 5-6 Bounce right heel once, step forward on left toe
- 7-8 Snap left heel down, bounce left heel once