

Lobotomized

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Gloria Johnson (USA)
音乐: Brain In a Jar - James Bonamy



TOE TOUCHES

- 1-2 Touch right toe to right side; step right foot behind left
- 3-4 Touch left toe to left side; step left foot behind right
- 5-6 Touch right toe to right side; step right foot behind left
- 7-8 Touch left toe to left side; step left foot behind right.

SHUFFLE, DOUBLE KICK, SHUFFLE, DOUBLE KICK

- 9&10 Step right foot forward; step left together; step right foot forward
- 11-12 Kick left foot forward twice
- 13&14 Step left foot forward; step right together; step left foot forward
- 15-16 Kick right foot forward twice.

TURNING SAILOR SHUFFLE

- 17&18 Swing right foot around behind left and step on it; step on left; step on right (turning 1/8 turn to the left)
- 19&20 Swing left foot around behind right and step on it; step on right; step on left (turning 1/8 turn to the left)
- 21&22 Swing right foot around behind left and step on it; step on left; step on right (turning 1/8 turn to the left)
- 23&24 Swing left foot around behind right and step on it; step on right; step on left (turning 1/8 turn to the left--now facing opposite LOD).

HIP SWIVELS

- 25-32 Rotate or swivel hips in a circular motion to the left turning ¼ turn left

REVERSE GRAPEVINE, HEEL/TOE TOUCH, KICK-BALL-CROSS

- 33-34 Step right foot to right side; cross-step left over right
- 35-36 Step right foot to right side; hold
- 37-38 Touch left heel forward; touch left toe to left side
- 39&40 Kick left foot forward; step on left foot; cross-step right foot over left

REVERSE GRAPEVINE LEFT, HEEL/TOE TOUCH, KICK-BALL-CROSS

- 41-42 Step left foot to left side; cross-step right over left
- 43-44 Step left foot to left side; hold
- 45-46 Touch right heel forward; touch right toe to right side
- 47&48 Kick right foot forward; step on right foot; cross-step left over right.

REPEAT
