Makin' Steam



编舞者: Lori Cole

3&4

Shake hips right, left, right

音乐: Steam - Ty Herndon



1-2	Full turn to the right on right foot. Bring right arm over head and down to side as you do the
3&	turn Make an x with your right hand (on 3 go from upper right to lower left, on & go from upper left to lower right, snap each time)
4	Bring left index finger to lips
5	Wrap right arm around front of waist, look down to left
6	Wrap left arm over right across waist, look down to right
7&8	Squat slightly & lean a little to the left. Shake hands out 3 times, turn feet out, in, out
1	Squat slightly more towards left, bring arms down to sides with hands flexed
2	Stand up straight on right foot, lift left foot with left leg straight
3&4	Sailor shuffle (left, right, left) with a ¼ turn to left
5-8	Walk forward, with attitude, right, left, right, left with hands at sides
1-2	With feet shoulder with or so apart, lean to right & roll back up
3-4	Stick hips out to left, roll them down & snap up to the right
&5&6	Snap hips left, right, left, right
&7	Snap hips left, right. On 7 stick right hand out to side
8	Step left foot across right (to make a ¼ turn to right), place left hand over right
1-2	Bring elbows to sides, hands in fists, swing butt out to make a wide ¼ turn to right
3-4	Step left foot forward & repeat ¼ turn
5	Step forward on left foot
6	Point right foot out to side
7	Step forward on right foot, bring left hand up to forehead
8	Point left foot out to side, drag right hand across forehead & shake out (as though wiping off sweat)
1	Center your weight, drop left hand to side, bring right hand to mouth
2	Stick right hand out, flexed (like you're signaling someone to stop), look to right
&	Bring right arm over head (try to touch left ear with right hand) look forward
3	Bring left hand up to cover right
4	Stick hips out to right
5-6	Drop left hand to side, swing hips down & up to left, bring right hand around back of head to under chin
7-8	Swing hips down & up to right, swing right hand out to side
1&2	Lean slightly to right & bounce down 3 times. Shake hands out on 2
3&4	Lean slightly to left & bounce down 3 times. Shake hands out on 4
5	Twist from waist up (keep hands in "out" position) to left
6	Twist from waist up (keep hands in "out" position) to right
7&8	Do a full turn traveling turn to left
&1	Step forward right, left
2	Slap hands down onto front of hips
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5-6 7&8	Walk forward right, left (with hands at sides) Step forward on right, back on left, lift right knee & do a ¼ turn to right
1	Place hands back on front of hips, step forward on right
&2	Slide feet together, slide feet apart (right in front of left)
&	Slide right foot back to center, lift left foot
3	Slide right foot back, place left in front
&	Turn ¼ to right, while sliding feet together
4	Turn 1/4 to right while sliding right foot to front, left to back
&	Bring left elbow up, left fist close to chest, lift left foot
5	Place left foot to the side & punch left fist across chest diagonally down
&6	Bring left fist back up, punch again
7-8	Drop left hand to side, bring right hand to forehead & wipe sweat again

REPEAT