

Making Your Mind Up

拍数: 0 墙数: 2 级数: Improver
编舞者: Paula Slater
音乐: Making Your Mind Up - Bucks Fizz



Sequence: AAB, AB, AB, A to end of song

PART A

- 1-8 Four heel struts forward, right, left, right, left
9-10 Step right foot across left, click fingers
11-12 Step left foot back, turning a quarter turn to the right, click fingers
13-16 Step right to right side, tap left to right and clap, step left to left side and close right foot to left and clap
- 17-20 Swivel heels, toes, heels to right side and clap
21-24 Repeat swivels, heels, toes heels to left side and clap
25-28 Step forward with right foot, click fingers and pivot half a turn to the left, click fingers
29-32 Step forward with right foot, click fingers and pivot a quarter turn to the left, click fingers
- 33 Stomp right foot to right side
34-35 Rock back on left foot, replace onto right foot
36 Stomp left foot to left side
37 Stomp right foot to right side, hands out waist height
38-40 Hold position for 3 counts
- 41-42 Kick right foot, step together
43-44 Kick left foot, step together
45 Stomp right foot to left so weight is central
46-47 Push knees forward together so heels raise off ground, replace heels back on ground
48 Clap hands

PART B

- 1-8 Right lock step, scuff left and left lock step, scuff right
9-10 Step forward right, pivot half a turn to the left
11-12 Stomp right foot, stomp left foot (slapping right hand on bottom, then left hand on bottom)
13-16 Bump the hips, right, left, right, left
- 17-20 Sway to right, repeat to the left
Feet do not move, sway from the hips and knees using the top half of the body
21-24 Turn a full turn to the right, to the right close feet together so weight is central
Replace with grapevine if unable to turn
25-32 Turning a half turn to the left, to the left kick right, step onto right, repeat with left foot, right foot, left foot
Alternative: walk and click fingers ½ turn
33-36 Right jazz box
Arm, hand movements add more fun to the dance