

Maxi-Mum

拍数: 32 墙数: 4 级数:
编舞者: Judy McDonald (CAN)
音乐: Mary's Got a Baby - Maxi Priest



RIGHT SAILOR SHUFFLE, LEFT COASTER STEP

1 Step right behind left
& Step left to side
2 Step right in place
3 Step left back
& Step right beside left
4 Step left forward

RIGHT TOUCH FRONT, RIGHT TOUCH BACK, RIGHT STEP FORWARD, PIVOT ¼ LEFT STEP

5 Touch right forward
6 Touch right back
7 Step right forward
8 Make ¼ pivot to left and step left in place

RIGHT SAILOR SHUFFLE, LEFT KICK BALL CHANGE

1 Step right behind left
& Step left to side
2 Step right in place
3 Kick left forward
& Step left back
4 Step right in place

LEFT STEP, RIGHT TOUCH FRONT, RIGHT TOUCH SIDE, RIGHT TOUCH IN

5 Step left forward
6 Touch right front
7 Touch right side
8 Touch right beside left

For added fun, use your head and arms during the touches. On the touch forward, look straight ahead and put your arms out in front with palms forward in a "stop" position. On the touch side, look to the side and pull your hand in to your shoulders and push them out to the side with right palm facing forward and left palm facing right shoulder. On the touch in, look down and bring arms in to your shoulders and push them down to your side

RIGHT ROCK, LEFT STEP, RIGHT ¼ TURN STEP, KNEE POPS TWICE

1 Step right forward
& Step left in place
2 Make ¼ turn right and step right so feet are about shoulder width apart
& Raise heels off the floor while bending knees
3 Drop heels and straighten knees
& Raise heels off the floor while bending knees
4 Drop heels and straighten knees

Try doing something creative with your arms on the knee pops as well, such as shrugging your shoulders up and down or contracting them front and back

LEFT ROCK, RIGHT STEP, LEFT ¼ TURN STEP, KNEE POPS TWICE

5 Step left forward
& Step right in place

- 6 Make ¼ turn left and step left so feet are about shoulder width apart
- & Raise heels off the floor while bending knees
- 7 Drop heels and straighten knees
- & Raise heels off the floor while bending knees
- 8 Drop heels and straighten knees

Try some arm variations here as well

RIGHT CROSS STEP, LEFT TOUCH, LEFT CROSS STEP, RIGHT TOUCH

- 1 Step right across in front of left
- 2 Touch left to side
- 3 Step left across in front of right
- 4 Touch right to side

RIGHT KICK, RIGHT STEP, LEFT KICK, LEFT STEP, RIGHT KICK FORWARD TWICE

- 5 Kick right forward
- & Step right beside left
- 6 Kick left forward
- & Kick left beside right
- 7 Kick right forward
- 8 Kick right forward

REPEAT
