

Memphis Style

拍数: 48 墙数: 4 级数:
编舞者: Martin Moser (USA)
音乐: Memphis Women & Chicken - T. Graham Brown



TOE POINTS, SWITCHES & SLIDE TAPS FORWARD

1& Point right toe forward, bring right foot back
2& Point left toe forward, bring left foot back
3& Point right toe forward, bring right foot back
4 Point left toe forward
5&6 Bounce left heel on floor, slide right foot forward, tap left foot forward
7&8 Repeat 5&6

SLIDE TAPS FORWARD, BODY ROLL & LEG LIFT ¼ TURN

1&2 Bounce left heel on floor, slide right foot forward, tap left foot forward
3-4 Forward body roll
5-8 Lift left leg up in the air about hip height and turn ¼ to the right on right foot
Option: slap your leg or hip on count 8

CROSS STEPS, SAILOR SHUFFLE & COASTER SHUFFLE

1-2 Cross left foot over right foot, step right foot to the right
3&4 Step left foot behind right foot, step right foot to right, step left foot to left
5-6 Cross right foot over left foot, ¼ turn right while stepping back on left foot
7&8 Step back on right foot, step together with left foot, step right foot forward

BOOGIE WALK FORWARD, FOOT SCISSORS BACKWARD

1-2 Walk forward on left foot while twisting to the right, walk forward on right foot while twisting to the left
3-4 Repeat 1-2
&5 Turn both heels out, turn both heels in
&6 Turn both heels out while picking up right foot, while stepping back on right foot turn both heels in
&7 Turn both heels out while picking up left foot, while stepping back on left foot turn both heels in
&8 Turn both heels out while picking up right foot, while stepping back on right foot turn both heels in

STEPS SLIDES WITH SHOULDER RAISES (SHAKES)

1-2 Step left foot to the left, slide right foot next to the left foot
3&4 Raise right shoulder up, raise left shoulder up, raise right shoulder up
5-6 Step right foot to the right, slide left foot next to the right foot
7&8 Raise left shoulder up, raise right shoulder up, raise left shoulder up to make shoulders even

TOE POINTS WITH CROSSOVER STEPS, LEG LIFT ¼ TURN

1-2 Point right toe to the right, cross & step right foot over left foot
3-4 Point left toe to the left, cross & step left foot over right foot
5-8 Lift right leg up in the air about hip height and turn ¼ to the left on left foot
Option: slap your leg or hip on count 8

REPEAT