

# Menace

拍数: 48                      墙数: 2                      级数:  
编舞者: Michael John Jr.  
音乐: Fast As You - Dwight Yoakam



## TOE HEEL, CHA-CHA-CHA

- 1                      Tap right toe forward and inward bending right knee
- 2                      Tap right heel forward
- 3&4                      Cha-cha-cha in place right, left, right
- 5                      Tap left toe forward and inward bending left knee
- 6                      Tap left heel forward
- 7&8                      Cha-cha-cha in place left, right, left

## CHARLESTON STEPS

- 9                      Step forward on right foot
- 10                      Kick (or hitch) left
- 11                      Step back on left
- 12                      Touch right toe back
- 13                      Step forward on right foot
- 14                      Kick (or hitch) left
- 15                      Step back on left
- 16                      Touch right toe back

## KICK-TOUCH, CROSS, UNWIND, REPEAT

- 17&18                      Kick right foot forward, step right in place while touching left toe to left side
- 19                      Cross left over right
- 20                      Unwind  $\frac{1}{2}$  turn over right shoulder
- 21&22                      Kick right foot forward, step right in place while touching left toe to left side
- 23                      Cross left over right
- 24                      Unwind  $\frac{1}{2}$  turn over right shoulder

## SHIMMIES

- 25                      Step right
- 26-27                      Shimmy shoulders (2 counts)
- 28                      Step left next to right
- 29                      Step right
- 30-31                      Shimmy shoulders (2 counts)
- 32                      Step left next to right

## ROLLING VINE TO LEFT

- 33                      Step on left making  $\frac{1}{4}$  turn to left
- 34                      Step on right making  $\frac{1}{4}$  turn left
- 35                      Step on left making  $\frac{1}{2}$  turn over left shoulder
- 36                      Touch right next to left

## OUT, CROSS, OUT, CROSS

- 37                      Jump both feet apart
- 38                      Jump both feet crossing right over left
- 39                      Jump both feet apart
- 40                      Jump both feet cross left over right

**SHUFFLES, PIVOT TURN, STOMP, STOMP**

- 41&42 Shuffle forward on right, left, right
- 43&44 Shuffle forward on left, right, left
- 45 Step forward on right foot
- 46 Pivot  $\frac{1}{2}$  turn over left shoulder
- 47 Stomp right foot forward
- 48 Stomp left foot forward.

**REPEAT**

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