Menagerie

拍数: 48

级数: Intermediate

编舞者: Jamie Marshall (USA)

音乐: No Boundaries - Jamiroquai

STOMP, SHUFFLE, STOMP, SHUFFLE, 1/2 PIVOT

Stomp right foot forward 1

- 2&3 Step left foot forward, step right foot next to left foot, step left foot forward
- Stomp right foot forward 4
- 5&6 Step left foot forward, step right foot next to left foot, step left foot forward
- Step right foot forward, pivot 1/2 turn left 7-8

BUMP, TOUCH STEPS

- 9-10 Touch right toe forward bumping hip to right, step down on right heel
- 11-12 Touch left toe forward bumping hip to left, step down on left heel
- 13-14 Touch right toe forward bumping hip to right, step down on right heel
- 15-16 Touch left toe forward bumping hip to left, step down on left heel

STEP RIGHT, HOLD, PIVOT ¼ LEFT, HOLD, ROLL UP, ¼ PADDLE TURN

- 17-18 Step right foot to right (use shift of shoulder or elbow for styling), hold
- 19-20 Pivot ¹/₄ to left keeping weight on right, hold
- 21-22 Two-count body roll forward to place weight on left
- &23 Hitch right knee, pivot 1/8 left pointing right toe to right
- &24 Hitch right knee, pivot 1/8 left pointing right toe to right (total 1/4 turn left)

SAILOR STEPS. ROGER RABBIT

- 25&26 Cross right behind left, step left foot to left, step right foot to right
- 27&28 Cross left behind right, step right foot to right, step left foot to left
- 29-30 Lock right foot behind as you hitch your left knee, lock left foot behind as you hitch you right knee
- 31-32 Lock right foot behind as you hitch your left knee, cross left foot behind right (to prepare for turns)

360 TURNS, VAUDEVILLES (HEEL JACKS)

- 33-34 Leaving left crossed behind right turn a full turn to the left (snap fingers forward as you complete the turn)
- 35-36 Leaving right crossed behind left turn a full turn to the right (snap fingers forward as you complete the turn.)

Weight ends on right

- &37 Step left diagonally back, touch right heel to right side
- &38 Step right to center, cross step left over right
- &39 Step right diagonally back, touch left heel to left side
- Step left to center, touch right next to left &40

POINT, HOLD, SWEEP, SLIDE TO RIGHT, STOMP, STOMP WITH CLAPS

- 41-42 With sharp kick with pointed toe cross right over left, hold
- 43-44 Pivot ¹/₂ right sweeping right, touch right foot next to left completing ¹/₂ turn
- 45-46-47 Long step to right
- &48 Clap and stomp left foot next to right foot twice, step left foot next to right foot with a clap

REPEAT





墙数: 2