Mixin' It Up

拍数: 40

级数: Improver straight rhythm

编舞者: Mary Lynn & Larry Hauser

音乐: Red High Heels - Kellie Pickler

STEP, SLIDE; POINT

- 1-4 Step forward left, slide right next to left; step forward left, slide right next to left (diagonally moving left)
- 5-8 Point right to right, touch right next to left; point right to right, touch right next to left

STEP, SLIDE; POINT

- 9-12 Step forward right, slide left next to right; step forward right, slide left next to right (diagonally moving right)
- Point left to left, touch left next to right; point left to left, touch left next to right 13-16

LEFT VINE; RIGHT HEEL, LEFT HEEL

- 17-20 Step left to left side, right step behind left, step left to left side, touch right next to left
- 21-24 Tap right heel forward, bring back next to left, put weight on right; tap left heel forward, bring back next to right

RIGHT VINE; ¼ TURN; HIP BUMPS

- Step right to right side, left step behind right, step right to right turning ¼ to right. (put weight 25-28 on both feet)
- 29-32 Bump left hip to left, bump right hip to right, bump left hip to left, bump right hip to right

STEP, ¼ TURN 2X; JAZZ BOX

- 33-36 Step left forward, 1/4 turn to right, step left forward, 1/4 turn to right
- 37-40 Cross left over right, step back on right, step left to left side, bring right next left (putting weight on right)

REPEAT





墙数:4