

Natural Thing

拍数: 40 墙数: 4 级数: Beginner
编舞者: Jeff Trischler (USA)
音乐: The Natural Thing - Bryan White



KICK BALL CHANGE, STOMP, CLAP

1&2 Kick left foot, step on the ball of the left foot, step on the right foot
3-4 Stomp with the left foot, clap
5&6 Kick right foot, step on the ball of the right foot, step on the left foot
7-8 Stomp with the right foot, clap

GRAPE VINE, HIP BUMPS

9-12 Step to the right with right foot, step the left foot behind the right, step to the right with the right foot, step the left foot next to the right
13-16 Bump hips to the left twice, bump hips to the right twice
17-20 Step to the left with the left foot, step the right foot behind the left, step to the left with the left foot, step the right foot next to the left
21-24 Bump hips to the right twice, bump the hips to the left twice

SHUFFLE, PIVOT, SHUFFLE, TURN, STOMP

25-28 Shuffle forward right, left, right, left, right, left
29-32 Step forward on the right foot pivot turn to the left, shuffle forward right, left, right
33-36 Shuffle forward left, right, left, step forward on the right foot pivot turn to the left
37-40 $\frac{1}{4}$ turn to the left, $\frac{1}{4}$ turn to the left, $\frac{1}{4}$ turn to the left, walk forward right, left, right, stomp left

REPEAT
