

No Way Tj

拍数: 32 墙数: 0 级数:
编舞者: Simon (Woody) Ward & Cindy Truelove (AUS)
音乐: My Way Or No Way At All! - T J Dennis & the Wham Bam Thank You Band



RIGHT STOMP, CLAP, LEFT ROCK FORWARD, RIGHT ROCK BACK (REPEAT ON LEFT)

1-2 Stomp right forward, clap
3-4 Rock step forward on left, rock/step back on right
5-6 Stomp left forward, clap
7-8 Rock forward on right, rock/step back on left

RIGHT ROCK BACK, LEFT FORWARD, STEP FORWARD, TURN ½, ROCKING KNEE POPS, CLAP

1-2 Rock back on right, rock/step forward on left
3-4 Step forward on right, turn ½ turn left (keeping weight on right-raising left heel)
5 Rock/step forward on left keeping right in place pop right knee forward
6 Rock/step back on right keeping left in place pop left knee forward
7 Rock/step forward on left keeping right in place pop right knee forward
8 Clap

RIGHT STEP, SCUFF, STEP, TURN ½, STEP BACK, TURN ½, STEP, SCUFF

1-2 Step forward on right, scuff left forward
3-4 Step forward on ball of left, turn ½ right dropping left heel (weight on left)
5-6 Step back on ball of right, turn ½ right dropping right heel (weight on right)
7-8 Step forward on left, scuff right forward

BOX STEP WITH ¼ TURN RIGHT, BOX STEP, APPLEJACK

1-3 Cross/step right over left, step back on left, step right into ¼ turn right
4-6 Cross/step left over right, step back on right, step left to side (feet parallel)
7 With weight on heel of left and ball of right-fan left toe to left and right heel to left raising left toes and right heel off floor
8 Return feet to center with weight on left

Optional head trick for last two counts: look to left, then look forward on last count

REPEAT