

NSE West

拍数: 32 墙数: 4 级数: Improver
编舞者: Claire Thomson (UK)
音乐: North South East West - Marvin & Tamara



The choreographer was age 11 when this dance was created

WALK FORWARD SCUFF HOP BACK

1-2 Walk forward right left
3&4 Scuff right foot forward, hop on left foot back, drop right foot behind left

LEFT COASTER STEP, QUARTER PIVOT TURN LEFT

5&6 Left foot back right foot back left foot forward
7-8 Step right foot forward and pivot a quarter turn to the left

LEAN TO ALL FOUR CORNERS

9-12 Keeping feet still, move top half of body only lifting shoulders, first lean to the left back corner then to right back corner then right front corner and finally lean to left front corner

4 KNEE POPS

13-14 Right knee pop forward, left knee pop forward
15&16 Right knee pop forward, left knee pop forward, right knee pop forward

RIGHT SIDE STEPS AND KNEE POPS

17-18 Step right foot to right side, bring left to meet right
19-20 Right knee pop, left knee pop forward
21-24 Repeat steps 17-20

LEFT SIDE SHUFFLE, ½ TURN, ¾ TURN, RIGHT SHUFFLE AND LEFT COASTER STEP

25&26 Step left to left side, bring right foot to left, step left to left side
27-28 Pivot ½ turn left on ball of left foot to step right, keeping left foot off floor pivot ¾ circle to left on right foot, step left
29&30 Step right foot forward, bring left foot to right, step right forward
31&32 Step left foot back, bring right to right foot, step forward on left

REPEAT
