

Nude Scoot

拍数: 48 墙数: 4 级数: Improver
编舞者: Roy Greene (USA)
音乐: One Way Ticket - LeAnn Rimes



STOMP, STOMP

1-2 Weight on right foot, stomp left foot twice

SIDE, HOOK, SIDE, BEHIND, SIDE, TOUCH

3 Weight remaining on right foot, touch, point left toe out to left side
4 Weight remaining on right foot, hook left leg over right shin
5 Weight remaining on right foot, touch, point left toe out to left side
6 Weight remaining on right foot, hook left leg behind right shin
7 Weight remaining on right foot, touch, point left toe out to left side
8 Weight remaining on right foot, touch left toe next to right foot

SIDE, HITCH, CROSS, HOLD

9 Weight remaining on right foot, touch, point left toe out to left side
10 Weight remaining on right foot, hitch left knee diagonally across right leg
11 Step left foot down over right foot, weight on left foot
12 Hold

SIDE, HITCH, CROSS, HOLD

13 Weight remaining on left foot, touch, point right toe out to right side
14 Weight remaining on left foot, hitch right knee diagonally across left leg
15 Step right foot down over left foot, weight equally on balls of both feet
16 Hold

TWIST, TWIST, TURN AROUND

17 Weight equally on balls of both feet, with feet crossed, swivel heels right
18 Weight equally on balls of both feet, with feet still crossed, swivel heels left
19 Weight equally on balls of both feet, with feet still crossed, swivel heels right, beginning ½ left turn
20 Complete ½ left turn, unwinding, weight ending on right foot

STEP, SLIDE, STEP, TOUCH

21 Step left foot forward, weight on it
22 Slide right foot up behind or next to left foot, weight on right foot
23 Step left foot forward, weight on it
24 Weight remaining on left foot, touch right toe next to left foot

BACK, HEEL AND TOUCH, BACK, HEEL AND TOUCH *

25 Step right foot back, weight on it
26 Weight remaining on right foot, tap left heel forward
27 Step left foot next to right foot, weight on left foot
28 Weight remaining on left foot, touch right toe next to left foot
29-32 Repeat steps 25-28 (see variation)

VINE, 2, TURN, BRUSH

33 Step right foot to right side, weight on it
34 Cross left foot behind right foot, weight on left foot

- 35 Begin ¼ right turn by stepping right foot ¼ right, weight on it
36 Complete right turn, brushing left foot next to right foot, left foot remaining slightly raised

SCOOT, SCOOT, STOMP, STOMP

- 37-38 With left foot remaining slightly raised, scoot back twice on right foot
39 Stomp left foot next to right foot, weight on left foot
40 Stomp right foot next to left foot, weight ending on right foot (men place fists on hips at this time)

HANGING OUT-WOMEN'S STEPS

GRAB BLOUSE & PULL IT OFF!

- 41 Weight on both feet, cross right hand to left hip
42 Weight on both feet, cross left hand to right hip
43-44 Raise hands up & over head, kinda' wiggling hips, as if wriggling out of blouse

SHAKE 'EM FRONT, SHAKE 'EM BACK!

- 45-46 Weight equally on both feet, bend forward from waist and shimmy shoulders for 2 counts
47-48 Straighten up, shimmying back, weight ending on right

HANGING OUT -MEN'S STEPS

HIP, HIP, HIP, HOLD

- 41-44 Weight on both feet, fists already at hips, slide right hand down a little, left hand down a little; right down (simulating removal of pants)&hold, weight ending on right foot (see variations)

LOOK AT ME, LOOK AT ME! (HEEL, HOME/HEEL, HOME)

- 45 Weight on right, tap left heel 45 degrees diagonally forward
46 Step left foot next to right foot, weight on left foot
47 Weight on left, tap right heel 45 degrees diagonally forward
48 Step right foot next to left foot, weight on right foot

Depending on stance or spread of legs, this will be a kind of "bragging move"

REPEAT

VARIATIONS (especially for music other than NUDE BOOTSCOOTIN') Dancers might do hip bumps or body rolls on Steps 41-44 or substitute any favorite fast 8 count for steps 41-48

Substitute 2 sets of double time BACK HEEL AND TOUCH on steps 29-32, for the one single time set
