

#1 Fan

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Claire Gent (CAN)
音乐: Dancin' Shoes - Ronnie McDowell



ROCK FORWARD/CENTER, SHUFFLE RIGHT WITH ½ TURN, PIVOT ½ RIGHT, SHUFFLE FORWARD

1-2 Right rock forward, left rock center
3&4 Shuffle right-left-right in place with ½ turn to right
5-6 Left step forward with ½ pivot right, right step down
7&8 Shuffle left-right-left forward

KICK FORWARD, KICK BACK WITH ¼ SPIN LEFT, OUT OUT, TOUCH, SYNCOPATED HEEL FANS

1-2 Right kick forward, right kick back as you spin on left foot ¼ turn left
&3-4 Right step right, left step left, right touch together
&5 Right fan heel right, right fan heel together,
&6 Left fan heel left, left fan heel together

SYNCOPATED HEEL FANS

&7 Right fan heel right, right fan heel together (weight on toes)
&8 Left fan heel left, left fan heel together (weight left)

KICK BALL CHANGE, STOMP, CLAP, V-STEP

1&2 Right kick forward, right step together on ball of right foot lifting left foot, left step together
3-4 Right stomp forward, clap
5-6 Left step diagonally forward (11:00), right step diagonally forward (1:00)
7-8 Left step back to center, right touch to left instep

TWO COUNT RIGHT VINE, ROMP, TWO COUNT LEFT VINE, ROMP

1-2 Right step right, left step behind right
&3 Right step diagonally back, left heel touch diagonally forward
&4 Left step center, right step together
6 Left step left, right step behind left
&7 Left step diagonally. Back, right heel touch diagonally forward
&8 Right step center, left step left

SQUATS, HEEL TOUCHES, DOLPHIN ROLLS LEFT (BODY ROLLS)

1-2 Small squat down bending knees, come up with right heel touch diagonally forward
3-4 Right step center coming down, come up with left heel touch diagonally forward
5&6 Left toe step left dipping shoulder, right step beside left coming up, left toe touch left (dolphin roll)
7&8 Repeat dolphin roll

LEFT KICK FORWARD, RIGHT KICK FORWARD, HEEL SYNCOPATED HEEL FANS

1-2 Left kick forward, left step together
3-4 Right kick forward, right step together
&5-8 Repeat syncopated heel fans as above

SYNCOPATED VINE RIGHT, ¼ TURN LEFT, WALK FORWARD RIGHT LEFT, STOMP RIGHT BESIDE LEFT

1-2 Right step to right, left step behind right
&3-4 Right step to right, left step in front of right, right step right
5-8 Left step turn ¼ left, step right forward, step left forward, right stomp beside left

FAN RIGHT TOE, HEEL, TOE WITH ¼ TURN RIGHT, LEFT STEP TOGETHER, SYNCOPATED HEEL FANS

- 1-2 Fan right toe right, fan right heel right
- 3-4 Fan right toe to ¼ turn right, left step together
- &5-8 Repeat syncopated heel fans as above

REPEAT

Option: On the syncopated heel fans use some hip/arm pop motion, same foot same hip, same arm-get funky
