

Ole

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Olé Olé - 11:30



SLAP, SLAP, BUMP-LOOK, BUMP-LOOK, KICK, KICK, SAILOR SHUFFLE

Start with feet shoulder width apart

- 1 Slap your right hip and hold your hand in place
- 2 Slap your left hip and hold your hand in place
- 3 Bump your hips to the right and look to the right
- 4 Bump your hips to the left and look to the left (you can move your hands now)
- 5-6 Kick right forward, kick right to the right side
- 7&8 Step right behind left, step left to left side, step right next to left

LEFT MONTEREY TURN, MASHED POTATOES BACK

- 1-2 Touch left to left side, bring left home while making ½ turn left
- 3-4 Touch right to right side, touch right next to left
- &5 Lift right foot slightly off floor and turn both toes in (heels out), step back onto right foot as you turn both toes out (heels in)
- &6 Lift left foot slightly off floor and turn both toes in (heels out), step back onto left foot as you turn both toes out (heels in)
- &7 Lift right foot slightly off floor and turn both toes in (heels out), step back onto right foot as you turn both toes out (heels in)
- &8 Lift left foot slightly off floor and turn both toes in (heels out), touch left foot next to right as you turn both toes forward

SIDE STEPS, SIDE CHA-CHA LEFT, JAZZ BOX ¼ TURN TO RIGHT

- 1-2 Step left to left side, step right next to left
- 3&4 Step left to left side, step right next to left, step left to left side
- 5-6 Step right over left, step left back
- 7-8 Step right to the right side while making ¼ turn right, touch left next to right

FULL TURN WITH ARMS UP, SNAP, PUNCH, PUNCH, PUNCH, PUNCH

For the first 4 counts of this set raise your arms to shoulder level with your elbows bent so your fingers are pointing at the ceiling

- 1&2& Step left ¼ turn left, step right next to left, step left ¼ turn left, step right next to left
- 3&4 Step left ¼ turn left, step right next to left, step left ¼ turn left and snap fingers
- 5-8 Place right foot shoulder width apart next to left and punch with your right fist up and away from your body at a 45 degree angle, punch 3 more times

REPEAT