Prodissy

拍数: 32   **墙数:** 4   **级数:** Improver

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音乐: When My Baby - Scooch

1	Touch left foot out to left side
2	Pivot a ¾ turn left on ball of right foot (bring left foot up to right knee with left toe pointing downwards)
3&4	Shuffle forward on left, right, left
5	Cross right foot in front of left foot
6	Step back on left foot
7	Make a ¼ turn right on right foot
8	Step left foot next to right

9-10	Touch right toe slightly forward and to the right and roll the right knee in two small circles to the right, setting down your right heel on count 10

Your hands mirror your feet. Put your right hand in front of you, palm down at chest height, directly over your toe. Make circles with your hand, as if polishing a tabletop, that match the circles made with your knee.

11-12	Repeat 9-10 on the left side. You end up with your feet apart and both hands forward, palms down
13-16	From waist upwards rotate upper body to the left starting leaning backwards and to the left. Roll body round to finish back in center. (Leave your hands out in front through this move.)

17	Touch both hands on side of head
18	Touch right hand on left shoulder and left hand on right shoulder
19	Touch right hand on right shoulder and left hand on left shoulder
&	Touch hands on hips (right to right side and left to left side)
20	Bend forward and drop head downwards pointing hands to feet
21	Lift head up to face front
22	Lift right shoulder upwards (start to raise from bend)
23	Lift left shoulder upwards (start to raise from bend)
&	Lift right shoulder upwards (start to raise from bend)
24	Lift left shoulder upwards. Body should reach normal height!

25	Touch right foot out to right side
26	Pivot a ½ turn right on ball of left foot, bringing right foot in place
27	Touch left foot out to left side
&	Bring left foot back in place
28	Touch right foot out to right side
29	Step right to right side making a ¼ turn to the right
30	Pivot a ½ turn right and step back on left foot
31&32	Making a ½ turn right, shuffle forward on right, left, right

REPEAT