Reaction



编舞者: Charlotte Macari (UK) 音乐: Chain Reaction - Steps



RIGHT KICK, STEP, STEP, 2 HIP BUMPS LEFT, 2 HIPS RIGHT, STEP, STEP, ½ TURN LEFT,

1&2 Right kick forward, step right to right side, step left to left side

3-4 Bump hips to left side twice 5-6 Bump hips to right side twice

&7 Step back on left, step forward right (weight goes onto right)

8 Turn ½ turn left (weight remains on right)

Option - as you complete ½ turn left, start to sweep left foot from in front to behind, continuing into next section (left sailor step)

LEFT SAILOR STEP, SCUFF, STEP, TOUCH LEFT FORWARD WITH HIP BUMPS AS WEIGHT GOES ONTO LEFT

9&10 Step left behind right, step right to right side, step left in place

11-12 Scuff right forward, step on to right

Touch left foot forward, while taking hip forward, then back

14&-15& Take hips forward, back, forward, back

Take hips forward, as you transfer the weight onto the left foot

WALK BACK RIGHT, LEFT, STEP RIGHT ¼ TURN RIGHT, TOUCH, STEP LEFT FORWARD ¼ TURN LEFT, TOUCH, STEP RIGHT ¼ TURN LEFT, TOUCH

17-18 Step back right, step back left

19-20 ¼ right stepping right to right side, touch left next to right 21-22 ¼ left stepping forward on left, touch right next to left 23-24 ¼ left stepping right to right side, touch left next to right

SIDE, TOGETHER, SIDE SHUFFLE LEFT, RIGHT, LEFT, FOUR FUNKY SKATES FORWARD

25-26 Step left to left side, step right beside left

27&28 Step left to left side, step right beside left, step left to left side 29 Skate right to right diagonal, as you straighten both legs

30 Skate left to left diagonal, as you bend both legs

31-32 Repeat counts 29-30

REPEAT