Red Hot Dancer



拍数: 64 墙数: 1 级数: Intermediate

编舞者: Jo Miller (USA)

音乐: In the Summertime - Mungo Jerry



CUBAN WALK FORWARD

Step forward onto right foot (push left hip back a little)
Step forward onto left foot (push right hip back a little)
Step forward onto right foot (push left hip back a little), hold

5-8 Repeat with 1-4 leading with the left foot

FIGURE 8 WITH HIPS AND SALSAS

9-12 Make a figure 8 with hips (pushing hips to right, left, right, left), starting with knees slightly

bent on first two counts, then straightening back up on last two counts

13&14 Step forward on right, shift weight back onto left & push that hip back on &, then step forward

onto right

15&16 Step forward onto left, shift weight back onto right & push that hip back on &, then step

forward onto left

ROCK, ROCK, ½ TURN AND SHUFFLE; ROCK, ROCK ½ TURN AND SHUFFLE, ¼ TURN

17 Rock forward onto right foot

18& Rock back onto left foot & make a ½ turn right on ball of left foot

19&20 Shuffle forward right-left-right21 Rock forward onto left foot

22& Rock back onto right foot & make a ½ turn left on ball of right foot 23&24& Shuffle forward left-right-left, on ball of left foot make a ¼ turn left

VINE RIGHT, ROLLING VINE LEFT WITH A 1 1/4 TURN

25-28 Step right to right side, step left behind right, step right to right side, touch left beside it

29-30 Step left to left side making ¼ turn left, step onto right making ½ turn to left

31&32 Shuffle left-right-left to make ½ turn left

ROCK, ROCK, COASTER, ROCK, ROCK, SAILOR WITH A 1/4 TURN (WHOLE PATTERN 2X)

Rock forward onto to right foot, back onto the left foot

35&36 Step back on right, step left beside right, step right foot forward

37-38 Rock forward onto left foot, back onto right foot

39&40 Step left behind right (making a ¼ turn to the left), rock right to right side on, step left in place

41-48 Repeat 33-40

ROCK, SHUFFLE 1/2 TURN, SHUFFLE 1/2 TURN, ROCK

49-50 Rock forward onto right, back onto ball of left foot

51&52 Shuffle making a ½ turn to the right 53&54 Shuffle again making a ½ turn right 55-56 Rock back onto right, forward onto left

You can do a double clap on count 56 as you rock forward onto your left foot depending on the music

STEP SLIDE 2X, TOUCH & TOUCH & DOUBLE KICK

Step forward a little on the diagonal onto right, slide left foot up to it 59-60 Step forward a little on the diagonal onto right, slide left foot up to it

Touch right toe out to side, step beside left and touch left foot out to side, step beside right

too

63-64 Double kick forward with right foot