

Rip It Off

拍数: 32 墙数: 2 级数: Improver
编舞者: Dana Fassett (USA)
音乐: Rip Off the Knob - The Bellamy Brothers



SINGLE TOUCHES AND HOLDS

1-2& Touch right to right side, hold, step right next to left
3-4& Touch left to left side, hold, step left next to right

SINGLE TOUCHES-DOUBLE TIME SYNCOPATION

5& Step together, touch right to right side
6& Step together, touch left to left side
7& Step together, touch right to right side
8& Step together, touch left to left side

TWO RIGHT SWIVEL TURNS

9-10 Step forward on left, ½ turn to right
11-12 Step forward on left, ½ turn to right

You should be facing the front wall

VINE LEFT WITH KICK

13-16 Step left to left side, step right behind left, step left to left side, kick right across left shin

WIGGLE, KICK AND STEP

17-18 Touch right next to left as you wiggle your hips two counts
19-20 Kick right across left shin, step forward on right

RIGHT SWIVEL TURN, LEFT SHUFFLE FORWARD

21-22 Step forward on left, ½ turn to right transferring weight to right
23&24 Shuffle forward left-right-left

TWO LEFT SWIVEL TURNS

25-26 Step forward on right, ½ turn to left
27-28 Step forward on right, ½ turn to left

You should be facing back wall

FOUR STOMPS FORWARD

29-32 Stomp forward right, left, right, left

REPEAT

LAST FOUR COUNTS HAVE SEVERAL VARIATIONS:

Spin one, two, or more times
Scoot forward on right while hitching left
Whatever else you'd like to try for four counts