

Rubberband Man

拍数: 48 墙数: 4 级数: Advanced
编舞者: Barry Amato (USA)
音乐: Indian Outlaw - Tim McGraw



The first 4 counts have a "calypso" feel

1 Stomp right over left foot
& Stomp left foot in place
2 Stomp right foot next to left
& Stomp left foot over the right foot
3 Stomp right foot in place
& Stomp left foot next to the right
4 Step on right foot (beginning to travel in a circle toward the left)
5 Step on the left foot (continue to travel in a circle toward the left)
6 Step on the right foot to face original wall
7 Kick the left foot
& Step on the left foot (7&8 are a kick ball change)
8 Step on the right foot

1 Roll left knee out
2 Roll left knee in
3 Roll right knee out
4 Roll right knee in
& Step out on the left foot
5 Step out on the right foot
& Step in on the left foot
6 Step in on the right foot
7 Roll left knee out
8 Roll right knee toward the left while making a $\frac{1}{4}$ turn to the left

1 Step out on the right foot
2 Pivot $\frac{1}{2}$ turn
3 Step out on the right foot
4 Jump $\frac{1}{4}$ turn to the left
5 Step out on the right foot again
6 Pivot $\frac{1}{2}$ turn
7 Step out on the right foot
8 Jump $\frac{1}{4}$ turn to the left

1 Step out on the right foot while pressing right shoulder down and left shoulder up
2 Step left behind the right while pressing left shoulder down & the right up
3 Step out on the right with shoulders in normal position
4 Scuff left heel while doing a $\frac{1}{2}$ turn toward the right shoulder (to face opposite wall)
5 Step out on the left foot while pressing shoulder down and the left up
6 Step right behind left while pressing right shoulder down and the left up
7 Step out on the left foot with shoulders in normal position
8 Touch the right foot in place

1 Scuff right heel forward
2 Brush the ball of right foot across the left
3 Tap toe of left foot on the floor

- & Shrug shoulders up
- 4 Shrug shoulders down
- 5 With left foot over right, turn complete around toward the left
- 6 Complete turn
- 7 Kick the right foot out in front
- 8 Kick the right foot behind and place it on the floor straight back

- 1 Push left hip forward & pull arms back (as if rowing a boat)
- 2 Take left hip back & push arms forward (with same rowing effect)
- 3 Lift left leg & place foot against right knee (arms pulled back)
- 4 Set left foot straight back (clap with arms straight out in front of you)
- 5 Push right hip forward & pull arms back (as if rowing a boat)
- 6 Take right hip back and push arms forward (with same rowing effect)
- 7 Lift right leg (pull arms back)
- 8 Step right foot next to the left foot (clap with arms straight out in front of you)

REPEAT
