

Scoop

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jamie Marshall (USA)
音乐: She's Got The Rhythm - Alan Jackson



SIDE TOE POINTS, FLICK, SCUFF, CROSS, SIDE SHUFFLE

1& Point right to right, replace right next to left
2& Point left to left, replace left next to right
3&4 Point right to right, replace right next to left, point left to left
5-6 Flick left to left (side kick up and back), scuff left beside right
7&8 Cross left over right, step right to right, cross left over right

SCUFF, CROSS, JAZZ BOX SQUARE, LEFT BODY ROLLS

1-2 Scuff right forward, cross right over left
3&4 Step left back, step right next to left, step left to left (feet slightly apart)
5-6 Body roll down to the left
7-8 Body roll up to the right

HEEL SWITCHES WITH CROSS

1& Kick right forward, replace right next to left
2& Kick left forward, replace left next to right
3& Kick right forward, cross right in front of left
4& Kick right forward, replace right next to left
5& Kick left forward, replace left next to right
6& Kick right forward, replace right next to left
7&8 Kick left forward, cross left in front of right, kick left forward

KICKS TURNING ¼ LEFT, JAZZ BOX, INWARD KNEES

&1 Swing left to outside left, cross left in front of right (keep legs close together)
&2 Swing left to outside left, cross left in front of right (begin making ¼ pivot to left)
&3 Swing left to outside left, cross left in front of right (continue making ¼ pivot to left)
&4 Swing left to outside left, cross left in front of right (completing ¼ pivot to left)
If having trouble with balance, try ¼ paddle turn or jazz box to left. Also do single timing instead of double timing (1-out, 2-across, 3-out, 4-across) as you make turn.
5&6 Step left down over right, step right back, step left to left
7& Bend right knee to center, straighten right knee
8& Bend left knee to center, straighten left knee

REPEAT