

Spicy Moves

拍数: 48 墙数: 4 级数: Beginner east coast swing
编舞者: Bill Klein
音乐: Can't Fight the Moonlight - LeAnn Rimes



DRAG AND WALK

- 1 Drag right foot forward
- 2 Step on right moving hip out
- 3 Drag left foot forward
- 4 Step on left moving hip out
- 5-8 Repeat 1-4

SHOULDER ROLLS

- 9-10 Raise and roll right shoulder back slide hand up body
- 11-12 Raise and roll left shoulder back slide hand up body
- 13-14 Raise and roll right shoulder back slide hand up body
- 15-16 Raise and roll left shoulder back slide hand up body

HIP ROLLS

- 17-24 Hip roll to the left

VINE RIGHT

- 25-28 Vine right (right foot, left foot, right foot), touch left foot

VINE LEFT WITH A ¼ TURN LEFT

- 29-32 Vine left with a ¼ turn left (left foot, right foot, turn ¼ left while stepping with left foot), touch right foot

HIP BUMPS WALKING FORWARD

- 33-34 Bumps to right
- 35-36 Bumps to left
- 37-38 Bumps to right
- 39-40 Bumps to left

¼ TURN LEFT 2X -- JAZZ BOX

- 41-42 Step forward right ¼ turn left
- 43-44 Step forward right ¼ turn left
- 45 Cross right foot over left foot
- 46 Step back left foot
- 47 Step right foot next to left foot
- 48 Step left foot in place

REPEAT
