

# Spin City

拍数: 48                      墙数: 4                      级数:  
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音乐: Living in a House Full of Love - Gary Allan



## STOMPS & TURNS

- 1                      Stomp right foot forward
- 2-4                  Push off on right foot and turn  $\frac{1}{2}$  to the right on ball of left foot
- 5                      Stomp left foot forward
- 6-8                  Push off on left foot and turn  $\frac{1}{2}$  to the left on ball of right foot

## CLAPS AND SLAPS

- 9                      Step back on right foot
- 10                    Clap
- 11                    Step back on left foot
- 12                    Clap
- 13                    Slap right thigh with right hand
- 14                    Slap left thigh with left hand
- 15-16                Clap hands twice

## TWIST & TURN

- 17                    Twist heels left
- 18                    Twist heels right turning  $\frac{1}{4}$  left
- 19-20                Stomp right foot twice

## KNEE BOPS

- 21                    Raise right knee
- 22                    Touch right toe to floor
- 23                    Raise right knee
- 24                    Touch right toe to floor
- 25                    Raise right knee & turn  $\frac{1}{4}$  left
- 26                    Touch right toe to floor
- 27                    Raise right knee
- 28                    Stomp right foot (put weight on right)

## BACK TURN TO left

- 29                    Step left foot slightly to left
- 30                    Step right foot in place
- 31                    Spin  $\frac{1}{4}$  left on ball of right foot
- 32                    Hold and clap

## STEP HOLD, SPIN CLAP & SWAY

- 33                    Step to right side on right foot
- 34                    Hold and clap
- 35                    Spin  $\frac{1}{2}$  to right on ball of right
- 36                    Step down on left foot and clap
- 37-40                Sway or twis hips right-left-right-left
- 41                    Step to the right on right foot
- 42                    Hold and clap
- 43                    Spin  $\frac{1}{2}$  to the left on ball of right
- 44                    Step down on left and clap

45-48

Sway or twist hips right-left-right-left

**REPEAT**

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