

# T\*\*\* & A\*\*

拍数: 32      墙数: 4      级数: Improver  
编舞者: Livio (IT)  
音乐: Freeek! - George Michael



Start with feet together, head down. When the noise which either sounds like a door opening or a cat being stood on happens. Look up! Start with Lyrics

- 1            Right toe touch right, look right
  - &            Right toe touch next to left, stay looking right
  - 2            Step right forward, look forward ("got")
  - 3            Left toe touch left, look left
  - &            Left toe touch next to right, stay looking left
  - 4            Step left forward, look forward ("body")
  
  - 5&           Right step side, bump hips right, left
  - 6            Bump hips right as you slap right hip with left hand
  - 7&           Bump hips left, right
  - 8            Bump hips left as you slap right hip with right hand (so now both you have both hands on right hip right on top of left)
  
  - 9-10        Roll hips to the left as you move your hands (in same position) round to your groin area
- Arms out to side and shimmy shoulders as fast as you can as you do steps 11-14**
- 11           Right step forward shimmying
  - 12           Left step forward shimmying
  - 13           Right step forward shimmying
  - 14           Left step forward shimmying
  
  - 15-18       Roll 'butt' to the left 4 times
  
  - &19         Jump forward right, left
  - 20           Clap
  
  - 21&22       Right side shuffle
  - 23&24       Left side shuffle with a ¼ turn left
  - 25&26       Right side shuffle
  - 27&28       Left side shuffle
  
  - 29           Kick right foot forward as you place right hand on right part of chest
  - &            Kick right foot out to right side
  - 30           Right foot step together as you place left hand on left part of chest
  - 31-32       Keeping hands where they are rotate elbows twice

**REPEAT**