

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