

365 Degrees!

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Chris Williams (UK)
音乐: Burning Down The House - Tom Jones & The Cardigans



The choreographer was age 15 when this dance was choreographed.

ROCK STEPS WITH OPTIONAL BODY ROLLS

- 1&2 Rock to left side on left. Recover onto right. Cross left over right
- 3&4 Rock to right side on right. Recover onto left. Cross right over left
- 5&6 Rock forward on left. Recover onto right. Step left beside right
- 7&8 Rock back on right. Recover onto left. Step right beside left

Optional: Each of the four rock steps can be executed with or as body rolls in the direction of the rock

WEAVES & JUMP STEPS

- 1-3 Cross left over right. Step right to right side. Cross left behind right
- &4 Jump feet diagonally apart, right forward, left back. Jump feet together hitching right. (or replace with left sailor after weave.)
- 5-7 Cross right over left. Step left to left side. Cross right behind left
- &8 Jump feet diagonally apart, left forward, right back. Jump feet together hitching left. (or replace with right sailor after weave.)

CROSS STEP & SHUFFLE WITH FULL TURN

- 1-2 Angle body to right. Step forward on left (almost crossing over right). Hold for 1 count
 - &3 Step right beside left. Step left forward and in front of right
 - &4 Step right beside left. Step left forward and in front of right
- Note: During steps 1-4 you DO NOT travel forward and body remains angled to right throughout.**
- 5 Rock right to right side, angling body to left and grinding right heel as you turn
 - 6 Recover onto right remaining angled to left
 - 7-8 Cross right over left. Unwind full turn left over 1 count, slightly hitching left

SLIDES & HIP BUMPS

- 1-2 Step diagonally forward on left. Slide right up to it
- 3&4 Bump hips left, right, left, with attitude
- 5-6 Step diagonally forward on right. Slide left up to it
- 7&8 Bump hips right, left, right, with attitude

TURNS, SHUFFLES AND ROCK STEPS

- 1-2 Step forward left. Pivot ½ turn right
- 3&4 Step forward left. Slide right up to left. Step forward left
- 5-6 Step forward right. Pivot ¾ turn left (legs should be crossed left over right)
- 7&8 Rock to left side on left. Recover onto right. Cross left over right

ROCKS, TOE TOUCHES & FULL TURN

- 1&2 Rock to right side on right. Recover onto left. Cross right over left
- 3& Touch left to left side, clicking fingers down by sides. Step left in place.
- 4& Touch right to right side, clicking fingers down by sides. Step right in place
- 5-6-7&8 Kick left forward. Cross left over right. Unwind ¾ turn right. Finish dance with two syncopated claps

REPEAT

