

Thumper

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Andrew Chalk (UK)
音乐: Draggin' My Heart Around - Travis Tritt



Start with both feet shoulder apart

- 1-4 Lift and drop right heel four times
- 5-8 Lift and drop left heel four times
- 9-10 Touch right heel forward and replace beside left
- 11-12 Touch left heel forward and replace beside right
- 13-14 Touch right heel forward, hook right heel in front of left knee
- 15-16 Touch right heel forward, place right foot beside left foot
- 17-18 Touch left heel forward, hook left heel in front of right knee
- 19-20 Touch left heel forward, place left foot beside right foot

- 21-24 Swivel heels, right, left, right, then return to center
- 25-26 Touch right heel forward, place right foot beside left foot
- 27-28 Touch left heel forward, place left beside right foot
- 29-30 Split both out and return to center
- 31-32 Touch right toe out to right side, place right foot beside left foot
- 33-34 Touch left toe out to left side, place left foot beside right foot

- 35-36 Jump both feet apart (shoulder with apart).hold for one beat
- 37-38 Jump both feet together, hold for one beat
- 39-40 Jump both feet apart and together
- 41& Kick right foot forward, kick right foot back
- 42& Kick right foot forward, hook right foot in front of right knee
- 43& Kick right foot forward, step right beside left

- 44& Kick left foot forward, kick left foot back
- 45& Kick left foot forward, hook left foot in front of right knee
- 46& Kick left foot forward, step left beside right

- 47-48 Step right to right side, cross left behind right
- 49-50 Step right to right side while making a 1/4 turn right, swing left around right while making a 1/2 turn right
- 51-52 Step right forward, hitching left knee
- 53-54 Step left forward, hitching right knee
- 55-56 Step right forward, hitching left knee
- 57-58 Step right foot out to right side, cross left behind right
- 59-60 Step right foot out to right side, hitch left knee beside right
- 61-62 Step right foot out to right side, cross left behind right
- 63-64 Step right foot out to right side while making a 1/4 turn left, stomp

REPEAT
