

Thunder & Lightning

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Lightning Does the Work - Chad Brock



SYNCOPATED HIP SWAY STRUTS (X 4)

1&2 Step forward on right & sway hip forward, sway hip back, sway hip forward
3&4 Step forward on left & sway hip forward, sway hip back, sway hip forward
5&6 Repeat 1&2
7&8 Repeat 3&4

When swaying, bend knees and form ovals with hips

REVERSE SYNCOPATED SKIP (BACKWARD SCOOT)

&9 Lift right knee and scoot back on left foot; step down onto right foot
&10 Lift left knee and scoot back on right foot; step down onto left foot
&11 Lift right knee and scoot back on left foot; step down onto right foot
&12 Lift left knee and scoot back on right foot; step down onto left foot

RIGHT VINE ENDING WITH A LEFT TOUCH

13-14 Step right to right side, step left behind right
15-16 Step right to right side, touch left next to right

LEFT SIDE ROMPS & STOMPS

&17 Rock back on left, stomp right heel slightly forward
&18 Step down on right, return and stomp left next to right
&19 Repeat &17
&20 Repeat &18

LEFT VINE WITH ¼ TURN LEFT ENDING WITH A RIGHT TOUCH

21-22 Step left to left side, step right behind left
23-24 Step ¼ turn left, touch right next to left

RIGHT SIDE ROMPS & STOMPS

&25 Rock back on right, stomp left heel slightly forward
&26 Step down on left, return and stomp right next to left
&27 Repeat &25
&28 Repeat &26

SYNCOPATED JUMP, CLAP, COASTER STEP

&29-30 Jump forward on right foot, touch left next to right, clap
31&32 Step back on left, step right next to left, step forward on left

REPEAT
