

Tuff Stuff

拍数: 32 墙数: 4 级数:
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音乐: Tuff Enuff - Wynonna



"C" BUMPS, RIGHT KICK BALL CHANGE

- 1& Touch right slightly apart from left and bump hips right and up, bump hips left
- 2& Bump hips right and down-(bend knees), bump hips left
- 3& Kick right forward, step right back
- 4 Step left in place

These hip bumps can be simplified by leaving out the "up & down" or "c" motion

RIGHT PUSH TWICE, ¼ TURN "SIT"

- 5&6 Touch right to side and push hips right while turning upper body to face right, bump hips slightly left, step right in place while pushing hips right with upper body still facing right
- 7 Make ¼ turn left-(you're now facing left wall with weight on right and left touching forward)
- 8 Bend knees and "sit"-(this can be done with some pelvic action to make it more "funky")

Optional arms: put both arms out to right with palms facing right and push with hips on counts 5&6; on count 7 put left hand on hip and right arm out in front as if grabbing something, then pull the "something" in and down on count 8

SHOULDERS LEFT, RIGHT, LEFT, RIGHT, LEFT

- 1-2 Lean weight over left foot and dip left shoulder forward, take weight on right and dip right shoulder back
- 3&4 Lean weight over left and dip left shoulder forward, take weight on right and dip right shoulder back, lean weight over left and dip left shoulder forward

HEEL BOUNCES WITH ½ TURN RIGHT

- 5-6-7&8 Bounce heels 5 times while making ½ turn to the right. Try and circle hips to the left while making the ½ turn.

RIGHT SIDE TOUCH, RIGHT CROSS TOUCH, RIGHT ROCK, LEFT STEP, RIGHT CROSS

- 1-2 Touch right to side, touch right across in front of left
- 2&3 Step right to side, step left in place, step right across in front of left

LEFT STEP, HOLD, RIGHT STEP TOGETHER, LEFT TOUCH, HOLD

- 5-6 Step left to side, hold
- &7-8 Step right beside left, touch left to side, hold

LEFT CROSS TOUCH, LEFT SIDE TOUCH, LEFT CROSS SHUFFLE

- 1-2 Touch left across in front of right, touch left to side
- 3&4 Step left across in front of right, step right to side, step left across in front of right

RIGHT KICK, RIGHT STEP BACK, TWIST MAKING ½ TURN RIGHT

- 5-6 Kick right foot forward, step right foot back
- 7&8 With weight on balls of both feet twist heels left, twist heels right, twist heels left while making ½ turn right

REPEAT