Two Left Feet

拍数: 24

级数: Improver dance

编舞者: Lavinia Shann (UK) & Mick Shann (UK)

音乐: Two Left Feet - The Holloways

ROLLING GRAPEVINES WITH CLAPS (ALTERNATIVE: LEAVE OUT TURNS)

- 1-4 Step right to right side with ¼ turn right, step left to left side with ¼ turn right, step right to right side with ½ turn right, touch left next to right & clap
- 5-8 Step left to left side with ¼ turn left, step right to right side with ¼ turn left, step left to left side with ½ turn left, touch right next to left & clap

WALKS BACK, HEEL SWITCHES WITH ¼ TURN RIGHT & CLAP

- 1-2 Walk back right, left
- 3-4 Walk back right, left
- 5&6 Turning qtr right. Tap right heel in front, switch right next to left
- Tap left heel in front, switch left next to right, tap right heel in front, during heel switches, hold& clap

HIP BUMPS & HIP GRIND WITH ATTITUDE

- 1-2 Bump right hips forward twice
- 3-4 Bump left hips backward twice
- 5-8 Hip grinds or bumps (whatever takes your fancy over 4 counts)

REPEAT

TAG

If using The Holloways track pose and stare during silent 4 counts of track instead of Hip Grinds. Do Two Point Crosses and Restart the dance at the beginning

CROSS POINTS X 4

- 1-2 Cross right over left, point left to left side
- 3-4 Cross left over right, point right to right side
- 5-8 Repeat 1-4





墙数:4