

Unscrew Me

拍数: 32 墙数: 0 级数:
编舞者: Betty Robinson
音乐: Life Goes On - Little Texas



CORKSCREW TURNS

- 1 Cross right over left
- 2 Weight on left, unwind $\frac{1}{4}$ turn left
- 3 Cross right over left
- 4 Weight on left, unwind $\frac{1}{4}$ turn left
- 5 Cross right over left
- 6 Weight on left, unwind $\frac{1}{4}$ turn left
- 7 Cross right over left
- 8 Weight on left, unwind $\frac{1}{4}$ turn left (facing 12 o'clock)

REVERSE JAZZ STEPS

- 9 Touch right out to right side
- 10 Cross step right behind left
- 11 Touch left out to left side
- 12 Cross step left behind right
- 13 Touch right out to right side
- 14 Cross step right behind left
- 15 Touch left out to left side
- 16 Step left beside right

HIP BUMPS

- 17-18 Stepping forward on right, bump hips forward twice
- 19-20 Shifting weight to left, bump hips back twice
- 21 Shifting weight to right, bump hips forward
- 22 Shifting weight to left, bump hips back
- 23 Shifting weight to right, bump hips forward
- 24 Shifting weight to left, bump hips back

SCOOP TWISTS ($\frac{1}{2}$ TURN, $\frac{1}{2}$ TURN), KICKS, $\frac{1}{2}$ TURN

- 25-26 Shifting weight to right flexing knees, twist, turning body $\frac{1}{2}$ turn left
- 27-28 Shifting weight to left, flexing knees, twist, turning body $\frac{1}{2}$ turn right
- 29 Step forward on right
- 30 Kick left forward
- 31-32 Stepping back on ball of left, pivot $\frac{1}{2}$ turn left (weight to left)

REPEAT
