

Just Got Laid

拍数: 48 墙数: 4 级数: Improver
编舞者: Hal Hill (USA)
音乐: Iko Iko - Captain Jack



SYNCOPATED SIDE STEPS TO RIGHT WITH RIGHT COASTER

- 1-2&3-4&5-6 Step right foot to right side, hold 2, on "&" count step left foot to right foot, step right foot right (45 degree angle), hold 4, on "&" count step left foot to right foot, step forward with right (45 degree angle) step down on left foot
- 7&8 Step right foot back, step left beside right, step right foot forward

SYNCOPATED SIDE STEPS TO LEFT WITH LEFT COASTER

- 1-2&3-4&5-6 Step left foot to left side, hold 2, on "&" count step right foot to left foot step left foot left (45 degree angle), hold 4, on "&" count step right foot to left foot step forward with left (45 degree angle) step down on right foot
- 7&8 Step left foot back, step right beside left, step left foot forward

MAMBO FORWARD, MAMBO BACK, STEP TURN LEFT, FUNKY WALK WALK

- 1&2 Step right forward, rock back on left, step on right
- 3&4 Step left forward, rock back on right, step on left
- 5-6 Step forward on right making half turn left (weight ends on left)
- 7-8 Step forward right, step forward left (use style when walking)

STEP CLAPS (MAKING ¼ TURN RIGHT) TWO KICK BALL CHANGES

- 1-2 Step right to right side making ¼ turn, clap
- 3&4 Step left beside right, clap two times
- 5&6 Kick right foot forward, step down on ball of right foot, change weight to left
- 7&8 Kick right foot forward, step down on ball of right foot, change weight to left

SYNCOPATED WEAVE TO LEFT WITH RIGHT HEEL JACK

- 1-2&3&4 Step right foot over left, step left foot to left side, step right foot behind left, replace left foot with right while placing right heel forward
- &5-6-7&8 Step right foot back while crossing left over right, step right foot to right side, step left foot back replace right foot with left while placing left heel forward

WALK FORWARD, MAMBO, WALK BACK, MAMBO

- &1-2 Step left foot back, step right foot forward, step left foot forward
- 3&4 Step right forward, rock back on left, step on right
- 5-6 Step left foot back, step right foot back
- 7&8 Step left back, rock back on right, step on left

REPEAT