In My House



拍数: 32 墙数: 4 级数: Intermediate

编舞者: Bill Macleod (CAN)

音乐: In My House - Mary Jane Girls



1&2 3-4-5 6&7-8	Step right to side, cross left behind right, step right to side (pose with weight on right with your body on a slight angle, your left toe will be touching but your heel will be off the ground) ¼ turn to the left (9:00) stepping left forward, step right forward, do a ½ turn to the left Kick right forward as you step it down to the side you will make a ¼ turn to the left, stepping the left behind the right, step right to the side on count 8
1-2 3&4 5&6 7&8	Skate left forward on an angle, step a ¼ turn to the right, step right forward Chase step left, right, left, ½ turn to the right, weight ends on left Kick right forward, step right to side, then left to side (shoulder width) Move your heels in then your toes in then switch all your weight to the left foot
1&2 3&4 5-6-7-8	Touch right toe to the side, do a ¼ turn to the right on the right, and touch your left toe back Hitch your left knee forward, step down on left, step right forward (hitch ball step) Do a ½ turn to the left, weight is now on the left, kick your right foot forward and hitch it as you make a ¼ turn to the right on the left foot that will be on count 6 and 7. Step your right foot down to the side
1-2 3&4 5&6 7-8	Bump your shoulders to the left then right, weight is now on the right Step left to side, cross right behind, step a ¼ turn to the left, weight is now forward on the left Kick right forward, then step it down while moving forward, cross left in behind right Unwind a full to the left, weight ends on the left foot

REPEAT