

Insomnia

拍数: 56 墙数: 0 级数:
编舞者: Dion Thomas (AUS) & Val Thomas (AUS)
音乐: All You Ever Do Is Bring Me Down - The Mavericks



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- 1-4 Bronco twists right, center, left, center
5-8 Left Monterey turn (left toe to side, turn ½ left, together, right toe to side, together)
- 9-12 Vine left (left-right-left), stomp right
13-16 Kick right & swing across left, kick right & swing across left
- 17-18 Step forward on right, stomp left
19-22 Kick left & swing across right, kick left & swing across right
23-26 Shuffle to side turning body to the left stepping left-right-left, then to the right (right-left-right)
- 27-30 Left toe/heel to side, two left kicks
31-34 Step back left, touch right together, step forward right, touch left together
- 35-38 Full turning vine left stepping left-right-left, touch right together
39-46 Vine right stepping right-left-right, turn ½ right swinging left leg around slow for 2 beats, left together, swivel heels to left, bumping hips twice to left (beats 4-8 hold hat)
- 47-50 Swivel heels to right-left-right, center
51-56 Shuffle forward right-left-right, pivot ½ right, stomp left, clap

REPEAT

Finish dance at end of step 11 - 2 left bumps while holding hat
