

Helping Hand

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Goin' Down Geneva - Van Morrison



KICK & POINT, KICK & POINT, KICK & POINT, LICK & POINT

1&2 Kick right foot forward, step right foot in place, point left foot to left side
3&4 Kick left foot forward, step left foot in place, point right foot to right side
5&6 Kick right foot forward, step right foot in place, point left foot to left side
7&8 Kick left foot forward, step left foot in place, point right foot to right side

STEP TURN, STEP TURN, SHUFFLE ½ TURN

1-2 Small step forward right foot, pivot turn 1/8 left
3-4 Small step forward right foot, pivot turn 1/8 left
5-6 Rock forward right foot, rock back left foot
7&8 Turn right ½ right foot, left foot, right foot

UP UP CLAP, UP UP CLAP, BACK & BACK & BACK & BACK

&1-2 Small step together forward and clap (left foot, right foot)
&3-4 Small step together forward and clap (left foot, right foot)
&5 Step right toe/ball back, step left foot next to right foot
&6 Step right toe/ball back, step left foot next to right foot
&7 Step right toe/ball back, step left foot next to right foot
&8 Step right toe/ball back, step left foot next to right foot

SLIDE BEHIND, HEEL & CROSS & HEEL & CROSS, HEEL & CROSS, UNWIND & HOLD

1 Step right foot to right side
2 Step left foot behind of right foot
3 Touch right heel right diagonal
&4 Step back on ball of right foot, cross left foot in front of right foot
&5 Step right foot to right, touch left heel left diagonal
&6 Step left foot back and cross right foot in front of left foot
7-8 Unwind ½ turn left on balls of both feet, hold

STEP RIGHT, HIP, HIP, HIP, HIP

1 Step right foot wide to the right
2-4 Drag left toe to right, next to right foot
5-8 Drop heel, swing hips left, right, left, right

STEP LEFT, HIP, HIP, HIP, HIP

1 Step left foot wide to the left
2-4 Drag right toe to left next to left foot
5-8 Drop heel, swing hips right, left, right, left

REPEAT