

Gummed Up

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Jan Wyllie (AUS)
音乐: Stuck On You - Elvis Presley



- 1-2-3-4 Step forward on right into a $\frac{1}{4}$ turn left, kick left to left side, step down on left, touch right beside left
- 5-6-7-8 Step right to right, kick left to left side, step down on left, touch right beside left
- &9-10 Making $\frac{1}{4}$ turn right (back to front) step forward on right, step forward on left, hold
- 11-12 Pivot $\frac{1}{4}$ turn right keeping weight evenly distributed (feet end up apart), hold
- & Twist heels to face the right diagonal
- 13-14-15-16 Tap right heel up and down 4 times. For extra styling lean body to the left as you tap
- 16-18-19-20 Bump hips twice to the right then twice to the left
- 21-22-23-24 Grind hips right, left, right, left (move them in a circular motion)
- 25-26 Step right toe across left foot, drop right heel to ground (toe strut)
- 27-28 Step left toe back, drop left toe to ground (toe strut)
- 29-30 Step right to right, hold (weight is evenly distributed)
- 31 Turn left knee inwards taking weight on right (Elvis knee)
- 32 Take weight on left knee and straighten it as you turn your right knee inwards (Elvis knee)
- 33&34 Shuffle to the right side right, left, right
- 35-36 Rock/step left back behind right, rock weight to right
- 37-38-39-40 Toe strut left to left, toe strut right across in front of left
- 41&42 Shuffle to the left left, right, left
- 43-44 Rock/step right back behind right, rock weight to left
- 45-46-47-48 Toe strut right to right, toe strut left across in front of right
- 49-50-51-52 Rock/step right to right, making $\frac{1}{4}$ turn left step forward on left, step forward on right, hold
- 53-54-55-56 Step forward on left, pivot $\frac{1}{2}$ turn right transferring weight to right, step forward on left, hold
- 57-57-59-60 Toe strut forward right, left, - click fingers of both hands in front, shoulder height, with each strut
- 61-62-63-64 Toe strut forward right, left ? click fingers of both hands in front, shoulder height, with each strut

REPEAT
