

拍数: 32 墙数: 4 级数:
编舞者: Greg Lawrence, Deirdre Lawrence & Kate Sala (UK)
音乐: He's the Greatest Dancer - Sister Sledge



STEP, SWIVEL, SWIVEL, COASTER STEP, STEP, SWIVEL, SWIVEL, COASTER STEP

1 Step right forward.
& Swivel right heel to left, left heel to right
2 Swivel right heel to center, left heel to center
3&4 Step right back, step left beside right, step right forward
5 Step left forward
& Swivel left heel to right, right heel to left
6 Swivel left heel to center, right heel to center
7&8 Step left back, step right beside left, step left forward

STEP, PAUSE, HEEL PUMP, BASKET BALL PIVOT, HEEL TAPS

9-10 Step right to right side, pause
11-12 Swivel right heel to right, swivel right heel to left
& Pivot on ball of right over right shoulder to face rear wall of dance.
13-14 Tap left heel twice
& Pivot on ball of right over left shoulder to face front wall of dance
15-16 Tap left heel twice

TOE TRIPLE, KNEE POPS BACK, SHUFFLE ½ TURN, STEP PIVOT

17&18 Step back onto left toe, step right heel back to left toe, step left back
19 Pop left knee forward raising left heel while stepping right back to left
20 Pop right knee forward raising right heel
21&22 Step right ¼ turn right, step left to right, step right ¼ turn right

Now facing rear wall of dance.

23-24 Step left forward, pivot ½ turn over right shoulder to face front wall of dance

MODIFIED RUNNING MAN, FOOT PUMPS, FUNKY HEEL FORWARD, FUNKY HEEL BACK, STEP, STEP

25 Jump both feet out to side
& Jump together hitching right
26 Jump apart, right diagonally forward right, left diagonally back left
& Jump both together hitching left
27 Jump apart, left diagonally forward left, right diagonally back right
& Hitch right
28 Push right diagonally back to right without touching floor.
& Hitch right making ¼ turn to right
29 Kick right forward, driving heel down keeping it off the floor
& Pull right back beside left off the floor at ankle height
30 Kick right back, toes down keeping off the floor
& Pull right back beside left off the floor at ankle height
31 Step right forward
32 Step left forward

REPEAT
