

40 West

拍数: 40 墙数: 0 级数:
编舞者: Roz Morgan (USA)
音乐: We Like To Party - Vengaboys



KICK, STEP TOUCHES, HEEL FORWARD, TOE SIDE, SAILOR SHUFFLE

1&2 Kick right foot forward, step right foot next to left foot, touch left foot back
3&4 Kick left foot forward, step left foot next to right foot, touch right foot back
5-6 Touch right heel forward, touch right toe to side
7&8 Cross right foot behind left foot, step left foot to left side, step right foot to right side

KICK, STEP TOUCHES, HEEL FORWARD, TOE SIDE, SAILOR SHUFFLE

1&2 Kick left foot forward, step left foot next to right foot, touch right foot back
3&4 Kick right foot forward, step right foot next to left foot, touch left foot back
5-6 Touch left heel forward, touch left toe to side
7&8 Cross left foot behind right foot, step right foot to right side, step left foot to left side

RUNNING MAN, CHASSE, ROCK, RECOVER

1&2 Step forward on right foot, pull back on right foot as you lift left foot off floor, step forward on left foot
&3 Pull back on left foot as you lift right foot off floor, step forward on right foot
&4 Pull back on right foot as you lift left foot off floor, step forward on left foot
5&6 Chasse right, left, right to right side
7-8 Rock back on left foot, recover on right foot

VINE, SYNCOPATED CROSS, APPLEJACKS

1-2 Step left foot to left side, step right foot behind left foot
&3 Quick step left foot to left side, cross right foot over left foot
&4 Quick step left foot to left side, step right foot to right (6-8 inches apart)
5& Weight on right toe, left heel, bring heels in, return heel and toe to center
6& Weight on left toe, right heel, bring heels in, return heel and toe to center
7& Weight on right toe, left heel, bring heels in, return heel and toe to center
8& Weight on left toe, right heel, bring heels in, return heel and toe to center

SYNCOPATED HEELS, ROCK, RECOVER, ½ TURN, STOMPS

1& Right heel forward, replace next to left foot
2& Left heel forward, replace next to right foot
3& Right heel forward, replace next to left foot
4& Left heel forward, replace next to right foot
5-6 Rock forward on right foot, recover on left foot
7-8 ½ turn right while stomping right foot, stomp left foot in place

REPEAT
