

Extreme

拍数: 48 墙数: 4 级数: Intermediate/Advanced
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音乐: Dance & Shout - Shaggy



RIGHT GRAPEVINE, TWIST, TWIST, CHASSE LEFT

1-4 Step right to side, step left behind right, step right to side, touch left beside right
5-6 Keeping left toe beside right push left knee out to left side, push left knee back to center
7&8 Step left to side, close right to left, step left to side

GROOVY WALK (WITH A LOT OF ATTITUDE)

1&2 Step right forward, lift right heel off the floor, step weight on right foot (2:00)
3&4 Step left forward, lift left heel off the floor, step weight on left foot (10:00)
5 Step right foot forward (1:00)
6 Step left foot forward (12:00)
7-8 Keeping right toe where it is bring your right heel to your left instep, step right heel back in place (weight on right)

COASTER STEP, PADDLE STEP ¾ TURN, HIP BUMPS (WITH ATTITUDE)

1&2 Step left foot back, close right to left, step forward left foot
3&4 Make ¼ turn left touch right toe to right side, slightly hitch right knee and make ½ turn left, touch right toe to right side
5&6 Place weight down on right foot make sure you lean to the right and bump hip right, left, right
7&8 Lean to the left side and bump hip left, right, left

STEP FORWARD TOUCH, STEP BACK ¼ TURN, FORWARD ½ TURN, BACK SHUFFLE

1-2 Step right foot forward, touch left toe behind right heel
3-4 Step back left foot, make ¼ turn right and step forward right foot
5-6 Step forward left foot, make ½ turn left step back right
7&8 Step left foot back, close right to left, step left foot back

TAP RIGHT, KICK BALL CHANGE, KICK STEP BACK, CROSS BACK STEP SIDE

1&2 Touch right toe forward place right heel down, raise right heel, place heel down
3&4 Kick right foot forward, place ball of right foot beside left, place left beside right
5-6 Kick right foot forward, step right foot back
7&8 Cross left over right, step back right foot, step left foot to left side (weight on left)

Option 1: intermediate

4 HEEL SWITCHES ¼ TURN RIGHT, STOMP KICK CROSS OVER UNWIND ½ TURN RIGHT

41&42& Touch right heel forward, touch left heel forward, make ¼ turn right
43&44 Touch right heel forward, touch left heel forward
&45 Step left beside right, cross right over left
46-47 Kick left foot diagonally out to left side, cross left over right
48 Unwind ½ turn right

Option 2: advanced

RUNNING MAN STEPS ¾ TURN

41 Jump both feet out right diagonally forward, left diagonally back
& Jump both feet in keeping weight on right foot, hitching left foot beside right
42 Jump both feet out left diagonally forward, right diagonally back
& Jump both feet in keeping weight on left foot, hitching right foot beside left
43 Jump both feet out right diagonally forward, left diagonally back
&44& Jump both feet in keeping weight on right foot making ¼ turn right, hop another ¼ turn right, hop another ¼ turn right hitching left foot beside right

45 Jump both feet out left diagonally forward, right diagonally back
& Jump both feet in keeping weight on left foot, hitching right foot beside left
46 Jump both feet out right diagonally forward, left diagonally back
& Jump both feet in keeping weight on right foot, hitching left foot beside right
47&48 Kick left foot forward, step left beside right, touch right beside left

REPEAT
