

Earthquake

拍数: 24 墙数: 4 级数: Beginner
编舞者: Susan Brooks (USA) & The Bremen Dance Class (USA)
音乐: Earthquake - Ronnie Milsap



STEP FORWARD RIGHT LEFT RIGHT, TURN ½ LEFT

1-3 Step right forward, left, right
4 Pivot ½ left on ball of right and kick left and clap

STEP FORWARD LEFT RIGHT LEFT, TURN ¼ RIGHT

5-7 Step left forward, right, left
8 Pivot ¼ right on ball of left and kick right and clap

STEP BACK RIGHT LEFT RIGHT, TAP LEFT

9-12 Step right back, left, right, tap left next to right

TOE TAPS (WEIGHT ON RIGHT)

13-14 Tap left toe back left at a 45 degree angle twice
15-16 Tap left toe in front of right foot twice
17-18 Tap left back once, tap left in front once

QUICK CHANGE

19 Pull left foot back at a 45 degree angle (with weight) pushing left hip back, while bending right knee slightly with slight weight on right toe for balance

PELVIC THRUSTS

Both knees must be slightly bent for proper motion

20 With weight remaining on left, thrust hips forward, and up
21 Settle hips down and back left
22 Thrust hips forward, and up
23 Settle hips down and back left
24 Thrusting hips forward and scuff right foot forward

REPEAT
