

# Double Dutch

拍数: 40      墙数: 1      级数: Intermediate  
编舞者: Barry Amato (USA)  
音乐: West of Crazy - Lisa Brokop



## SAILOR SHUFFLE TWICE (LEFT THEN RIGHT LEAD), "DOUBLE DUTCH" SHUFFLE TWICE (LEFT THEN RIGHT LEAD)

- 1&2      Step left foot crossed behind right foot, step right foot to right side, step left foot back to center
- 3&4      Step right foot crossed behind left foot, step left foot to left side, step right foot back to center
- 5&6      Cross-step left foot over right foot turning  $\frac{1}{4}$  to right, rock back on right foot, step left foot home turning  $\frac{1}{4}$  left (facing front)
- 7&8      Cross-step right foot over left foot turning  $\frac{1}{4}$  to left, rock back on left foot, step right foot home turning  $\frac{1}{4}$  right (facing front)

## OUT-OUT, CLAP, IN-IN, CLAP, PRANCE FORWARD RIGHT-LEFT-RIGHT-LEFT

- &1-2      Step left foot to left, step right foot to right, hold and clap hands
- &3-4      Step left foot to center, tap right foot next to left foot, hold and clap hands
- 5-7      Prance forward right-left-right (with attitude, lifting knee with each step)
- 8      Prance forward touching left foot to floor (weight remains on right foot)

## BACK SHUFFLES LEFT-RIGHT-LEFT, RIGHT-LEFT-RIGHT, $\frac{1}{2}$ PIVOT TO RIGHT TWICE

- 1&2      Back shuffle left-right-left
- 3&4      Back shuffle right-left-right
- 5-6      Step left foot forward, pivot  $\frac{1}{2}$  to right on left foot and step down on right foot (right foot is forward)
- 7-8      Repeat steps 5-6

## BALL-STEP, HOLD, BALL-STEP, TOUCH, TO THE LEFT HIP ROLLS TWICE

- &1-2      Slide ball of left foot behind right foot, step right foot forward, hold
- &3-4      Slide ball of left foot behind right foot, step right foot forward, touch left foot forward
- 5-6      Roll hips in a circle to the left changing weight to left foot then right foot
- 7-8      Roll hips in a circle to the left changing weight to left foot then right foot

## $\frac{1}{2}$ PIVOT TO RIGHT TWICE, SIDE, SWITCH SIDE, SWITCH FRONT, TOUCH LEFT TOGETHER

- 1-2      Step left foot forward, pivot  $\frac{1}{2}$  to right on left foot and step down on right foot (right foot is forward)
- 3-4      Repeat steps 1-2
- 5-6      Tap left foot to left side, step left foot to center and tap right foot to right side
- 7-8      Step right foot to center and touch left heel forward, touch left toe next to right foot

## REPEAT

When danced to "I Saw The Light" by Hal Ketchum, dance the last 8 counts only on walls 3, 6, and 9. This becomes the dance we call "Light On Your Feet".