

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".