

Dirty Dancing

拍数: 36 墙数: 2 级数: Improver line/contra dance
编舞者: Pat Reynolds (UK) & Amanda Reynolds (UK)
音乐: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes



SIDE ROCK, RECOVER, CHA-CHA

1 Rock to the left side on left foot
2 Rock back in place on the right foot
3&4 Cha-cha-cha on the spot stepping left, right, left

SIDE ROCK, RECOVER, CHA-CHA

5 Rock to the right side on right foot
6 Rock back in place on left foot
7&8 Cha-cha-cha on the spot stepping right, left, right

FORWARD ROCK, RECOVER, CHA-CHA

9 Rock forward on left foot
10 Rock back in place on right foot
11&12 Cha-cha-cha on the spot stepping left, right, left

BACK ROCK, RECOVER, CHA-CHA

13 Rock back on right foot
14 Rock forward on left foot
15&16 Cha-cha-cha on the spot stepping right, left, right

STEP, PIVOT ½, STEP, PIVOT ½

17 Step forward on left foot
18 Pivot ½ turn to the right
19 Step forward on left foot
20 Pivot ½ turn to the right

GRAPEVINE LEFT, TOUCH/CLAP

21 Step to the left on left foot
22 Cross right foot behind left
23 Step to the left on left foot
24 Touch right toe next to left and clap

GRAPEVINE RIGHT, TOUCH/CLAP

25 Step to the right on right foot
26 Cross left foot behind right
27 Step to the right on right foot
28 Touch left toe next to right and clap

¼ TURN, KICK, ¼ TURN WITH FLICK, STOMP

29 Step ¼ turn to the left on left foot
30 Kick right foot forward
31 Pivot ¼ turn to the left on left foot and flick right heel back at the same time
32 Stomp right foot next to left

HIP ROLLS (OR HIP BUMPS)

33-36 Roll hips in a circular motion to the left (two full rolls)
An alternative move to the hip rolls is Bump the hips left, right, left, right

REPEAT
