

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Margaret Murphy (AUS)
音乐: The Bad Touch - Bloodhound Gang



HIP BUMPS, STEPPING SLIGHTLY FORWARD RIGHT-LEFT-RIGHT-LEFT

1&2 Step right foot forward pushing hips forward twice
3&4 Step left forward pushing hips forward twice
5&6 Step right foot forward pushing hips forward twice
7&8 Step left foot forward pushing hips forward twice

RIGHT SAILOR SHUFFLE, LEFT SAILOR SHUFFLE, ½ RIGHT, STEPPING RIGHT, LEFT. HEEL SWITCHES

1&2 Step right foot behind left, step left to left side, step right to right side
3&4 Step left foot behind right, step right to right side, step left foot to left side
5-6 ½ turn right, stepping right, left, left
7&8 Right heel forward, jump back onto right foot, & left heel forward

HIP BUMPS, STEPPING SLIGHTLY FORWARD RIGHT-LEFT-RIGHT-LEFT

1&2 Step right foot forward pushing hips forward twice
3&4 Step left forward pushing hips forward twice
5&6 Step right foot forward pushing hips forward twice
7&8 Step left foot forward pushing hips forward twice

RIGHT SAILOR SHUFFLE, LEFT SAILOR SHUFFLE, ½ TURN RIGHT, STEPPING RIGHT, LEFT. HEEL SWITCHES

1&2 Step right foot behind left, step left to left side, step right to right side
3&4 Step left foot behind right, step right to right side, step left foot to left side
5-6 ½ Turn right, stepping, right, left
7&8 Right heel forward, jump back onto right foot, & left heel forward

ANKLE ROCKS, CROSSOVERS

1-2 Cross right foot over left at ankles, rock on ankles to left
3&4 Rock on ankles right, left, right., weight is on left
5&6 Keeping right in front of left, step on ball of right foot to left side, & step onto left, step on ball of right foot
&7&8 Step onto left, step on ball of right foot, and step onto left. Step onto ball of right foot

ANKLE ROCKS, CROSSOVERS

1-2 Cross left foot over right at ankles, rock on ankles to right
3&4 Rock on ankles, left, right, left
5&6 Repeat crossover steps as before
&7&8 Traveling to the right

SAMBA STEP RIGHT, SAMBA STEP LEFT, ROCK FORWARD & BACK, FULL TURN RIGHT

1&2 Step right foot to right side, step on left, step onto right, slightly forward
3&4 Step left foot to left side, step onto right, step onto left, slightly forward
5-6 Rock forward on right foot., recover weight on left
7&8 Full turn to the right triple step stepping right, left, right

SAMBA STEP LEFT, SAMBA STEP RIGHT, ROCK FORWARD & BACK, 1 ¼ LEFT

1&2 Step left foot to left side, step onto right, step onto left slightly forward

3&4 Step right foot to right side, step onto left, step onto right slightly forward
5-6 Rock forward on left foot, recover weight on right
7&8 1/4 to the left triple step stepping left, right, left

REPEAT
