

Count Me In!

拍数: 32 墙数: 4 级数:
编舞者: Peter Metelnick (UK)
音乐: 5,6,7,8 - Steps



RIGHT SIDE SHUFFLE, ROCK, RECOVER, LEFT SIDE SHUFFLE, ¼ RIGHT, ROCK, RECOVER

- 1 Step right foot to right side
- & Step left foot together
- 2 Step right foot to right side
- 3 Step left foot back and rock
- 4 Recover weight on right foot
- 5 Step left foot to left side
- & Step right foot together
- 6 Step left foot to left side
- 7 Pivot ¼ right on left foot and step right foot back and rock
- 8 Recover weight on left foot

KICKIN' IT UP, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT JAZZ BOX WITH JUMP

- 9 Kick right foot forward
 - & Step right foot together
 - 10 Kick left foot forward
 - & Step left foot together
- Alternate: low impact steps-instead of kicks, touch heels forward like in the tush push**
- 11 Step right foot forward
 - 12 Pivot ½ left
 - 13 Cross step right foot over left
 - 14 Step left foot back
 - 15 Step right foot to right side
 - 16 Jump feet together and slightly forward (weight ends on left foot)

You can optionally syncopate the counts from 15-16 to 15&16 by doing 2 small hops forward on counts &16, or hop feet apart on count (&), quickly hop feet together (16)

VINE RIGHT WITH DOUBLE CLAP, VINE LEFT WITH ¼ LEFT AND DOUBLE CLAP

- 17 Step right foot to right side
- 18 Cross left foot behind right and step
- 19 Step right foot to right side
- &20 Touch left foot together and clap twice
- 21 Step left foot to left side
- 22 Cross right foot behind left and step
- 23 Step left foot to left side turning ¼ left
- &24 Touch right foot together and clap twice

Option-roll 1&¼ left for counts 21-24 ending with double clap

BUMP IT!, THE COUNTDOWN

- 25-28 Bump hips right, left, right, left with weight ending on left foot

Option-bump any which way. Use your imagination. Anything goes!

- 29-32 Walk around in a circle turning ¾ to the right starting with right foot (weight will end on left foot)

Option-make some noise! Every time the female vocalist sings she will count us in with 5-6-7-8. Have some fun and count in with her as you circle around ¾ to the right)

REPEAT

