

Chug A Lug

拍数: 48 墙数: 0 级数:
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音乐: Wink - Neal McCoy



- 1-2 Bring left knee up, slap with both hands, put left foot down
- 3-4 Bring left knee up, slap, put left foot down, change weight
- 5-6 Bring right knee up, slap, put right foot down
- 7-8 Bring right knee up, slap, put right foot down, change weight

- 9-10 Step forward on left foot, kick forward with right, doing a half turn to the left,
- 11-12 Step forward with right foot, raise left knee, chug forward (hop) on right
- 13-14 Chug on right again, step down on left
- 15-16 Raise right knee and chug forward on left, chug on left again

RIGHT GRAPEVINE

- 17-18 Step out to right with right foot, step behind right with left foot
- 19-20 Step out to right with right foot, raise left knee and hop on right foot

LEFT GRAPEVINE

- 21-22 Step out to left with left foot, step behind left with right foot
- 23-24 Step out to left with left foot, raise right knee and hop on left foot
- 25-26 Step forward on right foot, slide left foot to meet right foot
- 27-28 Step forward on right foot, pivot half turn to right
- 29-30 Step forward on left foot, slide right foot to meet left foot
- 31-32 Step forward on left foot, stomp right foot next to left foot

LEFT SWIVELS

- 33-34 With weight on balls of feet, turn heels to left, with weight on heels, turn toes to left
- 35-36 With weight on balls of feet, turn heels to left, clap

RIGHT SWIVELS

- 37-38 With weight on balls of feet, turn heels to right, with weight on heels, turn toes to right
- 39-40 With weight on balls of feet, turn heels to right, clap, (keep weight on left foot,)

PADDLE STEP HALF TURN

- 41 Step out with right foot slightly in front, and turn a little to left
- 42 Bring foot back in next to left, but don't put down
- 43 Step out with right foot slightly in front, and turn a little to left
- 44 Bring foot back in next to left, but don't put down
- 45 Step out with right foot slightly in front, and turn a little to left
- 46 Bring foot back in next to left, but don't put down
- 47 Step out with right foot slightly in front, and turn a little to left
- 48 Stomp right foot next to left

REPEAT
