

Circuit

拍数: 32 墙数: 0 级数:
编舞者: Maureen Jones (UK) & Michelle Jones (UK)
音乐: Cripple Creek (feat. Knee Deep) - Jim Rast



Dancers stand in a circle facing inwards

WALKS FORWARD, CLAP, WALKS BACK, CLAP

- 1-4 Walk forward on right, left, right, hold & clap hands at head height
5-8 Walk back on left, right, left, hold & clap hands at knee height

RIGHT, TOGETHER, RIGHT, KICK, LEFT, TOGETHER, LEFT, KICK

- 9-10 Step right to right, step left beside right
11-12 Step right to right, kick left across right
13-14 Step left to left, step right beside left
15-16 Step left to left, kick right across left

FORWARD, CLAP, STOMP, STOMP, BACK, CLAP, STOMP, STOMP

- 17-18 Step right forward, hold & clap hands forward
19-20 Stomp left back, stomp right beside left
21-22 Step left back, lean round to left and clap hands to outside of circle
23-24 Stomp right forward, stomp left beside right (facing forward toward inner circle)

RIGHT, TOGETHER, JUMP, HOLD, JUMP, HOLD, KNEE BEND

- 25-26 Step right to right, step left beside right
&27-28 Jump right to right, jump left beside right, hold
&29-30 Jump right to right, jump left beside right, hold
31-32 Bend both knees, straighten both knees

REPEAT
