

Claudette

拍数: 48 墙数: 2 级数: Improver
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音乐: Claudette - Dwight Yoakam



TOES-HEELS-TOES-HEELS (SWIVELS TO THE RIGHT)

During the swivels, you are moving to the right.

- 1 On the heels of the feet, pivot both toes to the right
- 2 On the balls of the feet, pivot both heels to the right
- 3 On the heels of the feet, pivot both toes to the right
- 4 On the balls of the feet, pivot both heels to the right

HITCH LEFT-TOUCH LEFT-HITCH LEFT-TOGETHER LEFT

- 5 Turning the body slightly to the right, raise the left knee up to waist level
- 6 Straightening the body, touch the left foot next to the right foot
- 7 Turning the body slightly to the right, raise the left knee up to waist level
- 8 Straightening the body, bring the left foot together with the right foot

HEELS-TOES-HEELS-TOES (SWIVELS TO THE LEFT)

During the swivels, you are moving to the left.

- 9 On the balls of the feet, pivot both heels to the left,
- 10 On the heels of the feet, pivot both toes to the left
- 11 On the balls of the feet, pivot both heels to the left
- 12 On the heels of the feet, pivot both toes to the left

HITCH RIGHT-TOUCH RIGHT-HITCH RIGHT-TOUCH RIGHT JUMP-HOLD/CLAP-JUMP-HOLD/CLAP

- 13 Turning the body slightly to the left, raise the right knee up to waist level
- 14 Straightening the body, touch the right foot next to the left foot
- 15 Turning the body slightly to the left, raise the right knee up to waist level
- 16 Straightening the body, touch the right foot next to the left foot
- 17-18 Jump or scoot forward on both feet, hold for one beat of music and clap
- 19-20 Jump or scoot forward on both feet, hold for one beat of music and clap

BENDING KNEES, FORWARD RIGHT-LEFT-TOGETHER-CLAP

- 21 Step forward on the right foot while slightly bending the knees
- 22 Step forward on the left foot while further bending the knees
- 23 Bring the right foot together with the left foot while slightly straightening the knees
- 24 Clap the hands once while fully straightening the knees

SIDE LEFT-SIDE LEFT-CROSS LEFT TOE-LOWER LEFT HEEL

- 25-26 Touch the left foot out to the left side, touch the left foot out to the left side
- 27 Cross the left in front of the right, touching only the ball of left on the floor
- 28 Lower the left heel to the floor

SIDE RIGHT-SIDE RIGHT-CROSS RIGHT TOE-LOWER RIGHT HEEL

- 29-30 Touch the right foot out to the right side, touch the right foot out to the right side
- 31 Cross the right in front of the left, touching only the ball of right on the floor
- 32 Lower the right heel to the floor

PIVOT ½ TURN LEFT WHILE SWAYING HIPS RIGHT-SWAY LEFT-RIGHT-LEFT

- 33 On the balls of the feet, pivot ½ turn to the left while swaying the hips to the right
- 34-36 Sway the hips to the left, sway the hips to the right, sway the hips to the left

RIGHT SHUFFLE FORWARD-LEFT SHUFFLE FORWARD

37&38 Right shuffle forward

39&40 Left shuffle forward

JUMP-HOLD/CLAP-JUMP-HOLD/CLAP

41-42 Jump or scoot forward on both feet, hold for one beat of music and clap

43-44 Jump or scoot forward on both feet, hold for one beat of music and clap

BENDING KNEES, FORWARD RIGHT-LEFT-TOGETHER-CLAP

45 Step forward on the right foot while slightly bending the knees

46 Step forward on the left foot while further bending the knees

47 Bring the right foot together with the left foot while slightly straightening the knees

48 Clap the hands once while fully straightening the knees

REPEAT
