Bottoms Up!

拍数: 32

级数: Beginner

编舞者: Debbie Hogg (UK)

音乐: Last Night (feat. DJ Robbie) - Chris Anderson

WALKS FORWARD WITH CLAPS X4

- 1-2 Step right foot forward, hold with clap reaching above head
- 3-4 Step left foot forward, hold with bend forward clapping low
- 5-6 Step right foot forward, hold with clap reaching above head
- 7-8 Step left foot forward, hold with bend forward clapping low

For more fun: lines 1, 3, & 5 clap high 1st, lines 2, 4, & 6 do opposite i.e. Clap low 1st

JUMP OUT, HOLD, KNEE POPS

- &1 Jump right foot out, jump left foot out
- 2 Hold
- 3-4 Pop right knee in, hold
- 5-8 Four knee pops (left, right, left, right)

Weight ends on left foot

SCUFF RIGHT FOOT, SIDE TOUCH, KNEE IN, KNEE OUT WITH ¼ TURN RIGHT, WALKS BACK

- 1-2 Scuff right foot forward, touch right foot to right side
- 3-4 Turn right knee in, turn right knee out making ¼ turn right
- 5-8 Four walks back (right, left, right, left)

MAMBO SIDE ROCKS X4

- 1&2 Rock to right side, recover weight to left foot, step right foot beside left foot
- 3&4 Rock to left side, recover weight to right foot, step left foot beside right
- 5&6 Rock to right side, recover weight to left foot, step right foot beside left foot
- 7&8 Rock to left side, recover weight to right foot, step left foot beside right

REPEAT





墙数:4