

B.J.-Itis

拍数: 32 墙数: 2 级数: Intermediate/Advanced
编舞者: The Infamous Five (UK)
音乐: Hero - Steps



The Infamous Five are Mark, Christine, Janet, Sarah and Stephanie

STOMPS, SAILOR TURN, SIDE, TOGETHER,BEHIND, HOLD

1-22 Right stomps
3&4 Right step back, left foot step a $\frac{1}{4}$ turn left, right touch in place
5-6 Right step to the side, left step together
7-8 Right foot lock behind left foot, weight on left, hold

FULL TURN, VAUDEVILLES

9-12 On 4 jerky movements bounce four times turning a full turn right bringing left foot into place with weight on it
&13 Right foot step back, left heel touch forward
&14 Left foot step next to right, right foot cross over left
&15 Left foot step back, right heel touch forward
&16 Right foot step next to left, left foot cross over right

TOUCH, HOLD, 2 CHUGS MAKING A FULL TURN LEFT

17-18 Right toe touch to the side, hold
19 Keeping weight on left foot, pivot a $\frac{1}{2}$ turn left touching right toe to right side
20 Repeat beat 19

SHOULDER SHRUGS, TORQUE, STEP, TOUCH, PIVOT, STEP

21-22 Roll right shoulder back, roll left shoulder back
23-24 Roll upper half of body around to the left
25-26 Right foot step forward, left toe touch back
27-28 Pivot a $\frac{1}{2}$ turn left, right foot step forward

STEP, TOUCH, PIVOT, KICK

29-30 Left foot step forward, right toe touch to side
31-32 Make a $\frac{3}{4}$ turn left pivoting on left foot, right foot kick forward

REPEAT
