

Amalgamation

拍数: 32 墙数: 2 级数: Intermediate/Advanced
编舞者: Tom Mickers (NL)
音乐: Dance and Shout - Wynonna



¼ TURN, ¾ TURN, ½ TURN, HOLD, CROSS LEFT, ¼ TURN BACK ROCK

- 1 On ball of left make ¼ turn left, touching right to right side
- 2 On ball of left make ¾ turn right, stepping right beside left
- 3 Touch left toe to left side
- 4 On ball of right make ½ turn left, stepping left beside right
- 5 Touch right toe to right side
- 6 Hold position, transferring weight to right foot
- & Angling body to left diagonal, cross left over right
- 7 Complete ¼ turn, rocking back on right
- 8 Rock forward onto left

HITCH & TOE STRUT, ½ TURN & TOE STRUT, TOE STRUTS BACK

- &9-10 Hitch right knee. Step right toe forward. Drop right heel taking weight
- & Hitch left knee making ½ turn right on ball of right
- 11-12 Step left toe back. Drop left heel taking weight
- &13-14 Hitch right knee. Step right toe back. Drop right heel taking weight
- &15-16 Hitch left knee. Touch left toe beside right. Step left to left side

SHOULDER & HIP MOVEMENTS, TOUCH & CROSS STEPS WITH RIGHT & LEFT

- 17 Move upper body (shoulders) to left
- 18 Push hips to left side
- 19 Push hips to right side (up)
- 20 Push hips to left side (down), touching right beside left
- 21-22 Touch right toe to right side. Step right across left
- 23-24 Touch left toe to left side. Step left across right

HEEL SWIVEL FORWARD, MASHED POTATO BACK, SIDE, CROSS, ¾ UNWIND

- 25 Step right forward swiveling both heels in
- &26 Swivel both heels out. Slide right back behind left, swiveling heels in
- &27 Swivel both heels out. Slide left back behind right, swiveling heels in
- &28 Swivel both heels out. Slide right back behind left, swiveling heels in
- 29-30 Touch left to left side. Cross left behind right
- 31-32 Unwind ¾ turn left. Hold

REPEAT
