

Tropicana

拍数: 32 墙数: 4 级数: Beginner
编舞者: Chris Mann (AUS) - November 2007
音乐: Love Tropicana - Sister Mayo



Or Music: I Go to Rio by Peter Allen (The Very Best of Peter Allen)

STEP, KICK BALL CHANGE, STEP

1 Step right forward foot
2&3 Kick left foot forward, step onto ball on left foot, change weight back to right foot
4 Step left forward foot

CROSS ROCK, SHUFFLE, CROSS ROCK, SHUFFLE

5-6 Rock right foot across left, recover on left foot
7&8 Step right foot to right side, step left foot beside right, step right foot to right side

1-2 Rock left foot across right, recover on right foot
3&4 Step left foot to left side, step right foot beside left, step left foot to left side

PADDLE TURN LEFT, PADDLE TURN LEFT

5-6 Step right forward foot, make ¼ turn left replacing weight on left foot
7-8 Step right forward foot, make ¼ turn left replacing weight on left foot

HIP BUMPS

1-2 Step right foot slightly forward and bump hips right, left
3&4& Bump hips right, left, right, left

TURN ¼ MONTEREY RIGHT

1-2 Touch right toe to right side, step right foot beside left making ¼ turn right
3-4 Touch left toe to left side, step left foot beside right

SHIMMIES

5-6 Step right foot to right side shimmying shoulders, step left foot beside right clapping twice
7-8 Step right foot to right side shimmying shoulders, step left foot beside right clapping twice

REPEAT

There is a "false ending" to "Love Tropicana" by Sister Mayo, but keep dancing through it to the real ending