

Be Prepared

拍数: 32 墙数: 2 级数: Beginner
编舞者: Chris Cleevely (UK) - March 2009
音乐: Midas Touch - Midnight Star



Alt. Music:

“Wild Wild West” by The Escape Club (137bpm)

“Mony Mony” by The Deans (141bpm)

(Specially written for the Witney Cubs)

Grapevine Right, Hook & Slap; Grapevine Left, Hook & Slap

- 1 - 2 Step right to right side, cross left behind right
- 3 - 4 Step right to right side, hook left foot behind right and slap left heel with right hand
- 5 - 6 Step left to left side, cross right behind left
- 7 - 8 Step left to left side, hook right foot behind left and slap right heel with left hand

Making ½ Turn Right, Walk Round & clap, Stepping Right/Left Right/Left

- 9 - 10 Making 1/8th turn right step on right foot, hold & clap
- 11 - 12 Making 1/8th turn right step on left foot, hold & clap
- 13 - 14 Making 1/8th turn right step on right foot, hold & clap
- 15 - 16 Making 1/8th turn right step on left foot, hold & clap

Walk Forward Right/Left/Right & Kick, Walk Back Left/Right/Left & Stomp

- 17 - 18 Walk forward right, walk forward left
- 19 - 20 Walk forward right, kick left forward & wave hands in the air –
(optional hand movements)
- 21 - 22 Walk back left, walk back right
- 23 - 24 Walk back left, stomp right foot beside left

Point Out/In/Out Right & Stomp; Point Out/In/Out left & Stomp

- 25 - 26 Point right toe to right side, touch right toe beside left
- 27 - 28 Point right toe to right side, stomp right foot beside left
- 29 - 30 Point left toe to left side, touch left toe beside right
- 31 - 32 Point left toe to left side, stomp left foot beside left

REPEAT DANCE

Email: christinec48@hotmail.com

Website: www.christalconnections.com