

My Loretta

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Arne Stakkestad (BEL) - July 2009
音乐: My Loretta - Silver



Start after 16 counts

Or Music:

"Let's have a party", Wanda Jackson, start after 32 counts

"Sweet little sixteen", Elvis Presley & Jerry Lee Lewis

"Let's twist again", Chubby Checker

(1-8) Left Side, Together, Side, Together, Rocking Chair (Hips)

1-4 LF side, RF beside LF, LF side, RF beside LF

5-8 LF rock forward, recover on RF, LF rock backwards, recover on RF

(9-16) Left Side, Together, Side, Together, Rocking Chair (Hips)

1-4 LF side, RF beside LF, LF side, RF beside LF

5-8 LF rock forward, recover on RF, LF rock backwards, recover on RF Hips left when weight on LF, hips right when weight on RF, these first 16 counts

(17-24) ¼ Side Toestrut, ¼ Back Toestrut, Side Toestrut, Cross Toestrut

1-2 ¼ r and LF toe strut to left side

3-4 ¼ r and RF toe strut backwards

5-6 LF toe strut to left side

7-8 RF toe strut crossed over LF

(25-32) Chasse L, Back Rockstep, Shuffle ½ L, ¼ L Triple

1&2 LF side, RF beside LF, LF side

3-4 RF rock backwards, recover on LF

5&6 ¼ | RF side, LF beside RF, ¼ | RF backwards

7&8 ¼ | LF beside RF, RF beside LF, LF beside RF

(33-40) Hip Bumps With Twists, Heelstrut Fwd, ½ L Heelstru T Fwd

1-2 hip and heels to right, hip and heels left

3-4 hip and heels to right, hip and heels left

5-6 RF heel strut forward (knip RFingers)

7-8 ½ left LF heel strut forward (knip LFingers)

(40-48) Heelstrut Fwd, ½ L Heelstrut Fwd, Full Turn L, Shuffle Forward

1-2 RF heel strut forward (knip RFingers)

3-4 ½ left LF heel strut forward (knip LFingers)

5-6 ½ left RF backwards, ½ left LF forward

7&8 RF step forward, LF beside RF, RF step forward

ENDING: IN the 11th wall, after count 16, add 2 counts, bump hips L,R