

Bikinis On Top

拍数: 48 墙数: 4 级数: Beginner

编舞者: Rosie Kantsas (UK) - September 2010

音乐: California Gurls (feat. Snoop Dogg) - Katy Perry : (Album: Now That's What I Call Music! 76)



Dance starts after 16 counts on lyrics

Section 1 – Step touches x 4

- 1 – 4 Step right foot to right side, touch left beside right, Step left foot to left side, touch right beside left
- 5 – 8 Step right foot to right side, touch left beside right, Step left foot to left side, touch right beside left

Section 2 – Vines with heels

- 1 – 4 Step right foot to right side, cross left behind right, Step right foot to right side, touch left heel forward to left diagonal
- 5 – 8 Step left foot to left side, cross right behind left, Step left foot to left side, touch right heel forward to right diagonal

Section 3 – Heel digs x 4

- 1 – 4 Step right foot beside left, touch left heel forward, Step left foot beside right, touch right heel forward
- 5 – 8 Step right foot beside left, touch left heel forward, Step left foot beside right, touch right heel forward

Section 4 – Bend knees x 2

- 1 – 4 Step right to right side, bending knees, dip down with weight on right and straighten up, left foot pointed to the left diagonal
- 5 – 8 Bending knees, dip down with weight on left and straighten up, right foot pointed to the right diagonal

Section 5 – Run forward, run back

- 1 – 4 Run forward right, left, right, left
- 5 – 8 Run back right, left, right, left

Section 6 – Sways with lassos

- 1 – 2 Stepping onto right sway to the right
- 3 – 4 Sway left
- 5 – 6 Sway right making a ¼ turn left
- 7 – 8 Sway left touching right beside left.

(Optional: whilst swaying swing right arm round head anti-clockwise with each sway as if using a lasso)