

The Right Track

拍数: 32 墙数: 4 级数: Beginner
编舞者: Joe Steele (USA) - September 2011
音乐: Born This Way - Lady Gaga : (Album: Born This Way, Single)



Floor Split for Born This Way

[1-8] Kick ball change x2, rocking chair

1 & 2 Kick right forward, step on ball of right foot, step on left
3 & 4 Kick right forward, step on ball of right foot, step on left
5 - 6 Rock forward on right, recover on left
7 - 8 Rock back on right, recover on left

[9-16] Right vine, left vine ¼ turn left

1 - 2 Step right to right, step left to left behind right
3 - 4 Step right to right, touch left toe beside right
5 - 6 Step left to left side, step right to left behind right
7 - 8 Step forward on left as you turn a ¼ turn left and touch right toe beside left 9:00

[17-24] Right hip bumps, left hip bumps, step pivot, walk walk

1 & 2 Step diagonally right bumping right hip forward, left hip back, right hip forward
3 & 4 Step diagonally left bumping left hip forward, right hip back, left hip forward
5 - 6 Step forward on right and pivot a ½ turn left & step forward on left 3:00
7 - 8 Walk forward right, walk forward left

[25-32] Right hip bumps, left hip bumps, step pivot, walk walk

1 & 2 Step diagonally right bumping right hip forward, left hip back, right hip forward
3 & 4 Step diagonally left bumping left hip forward, right hip back, left hip forward
5 - 6 Step forward on right and pivot a ½ turn left & step forward on left 9:00
7 - 8 Walk forward right, walk forward left

Begin again and have fun

TAG: Happens after wall 4 and 7 both facing front wall

[1-16] Step, hold, x3, Step half turn (When walking forward do monster arms like Lady Gaga)

1-2 Step forward right, Hold
3-4 Step forward left, Hold
5-6 Step forward right, Hold
7-8 Half turn pivot left, Hold

Repeat 8 counts

Contacts: Joe: Dancingwithjoe@yahoo.com