Secoue-toi et dance !

级数: Newcomer / Novice - Funky

拍数: 32 编舞者: Lisa Carlier (BEL) - October 2011 音乐: Elle Me Dit - MIKA

Info; start dance after 8 counts

2 steps r, out ,out ,in ,in

- RF to r, step LF next to RF 1-2
- 3-4 RF to r, step LF next to RF
- 5-6 stef RF to r, step LF to I
- 7-8 step RF together, step LF together

*armmovements:

- 1-2 twirl both hands above your head
- 3-4 shake your upper body

Heel, toe unwind, body roll, RF step back, 2 hip bumps

- 1-2 touch r heel fwd, touch r toe back
- 3-4 turn $\frac{1}{2}$ r putting weight on r [6.00]
- 5-6 body roll up & step RF behind
- 7 & 8 bump hips to I & r, I

dorothystep, and heel and cross, ¼ turn hitch, hip bumps with ¼ turn, sweep, sailor ¼ r

- 1-2 step LF diagonally I fwd, cross RF behind LF
- & 3 & 4 &step LF fwd, &point right heel fwd, step RF next to LF, and cross LF overRF
- 5&6 turn ¼ left hitching right knee. Step right to side bumping hip to the right, bump hips left, turn 1/2 left pushing right hip back while sweeping LF behind [3.00]

7 & 8 cross LF behind RF, step RF fwd ¼ turn r, step LF fwd [6.00]

(extra: "8: step LF fwd" you actually jump fwd ,with your I leg lifted backwards)

*armmovements:

- 5-6 fingersnap up - down
- arms wide open on shoulder height 8

Hops with legswings, flick behind, cross, turn ³/₄ I, sweep, behind side cross

- 1& LF Hop in place-RF swing diagonally fwd, LF hop in place-RF swing diagonally backw
- 2 hop RF in place-LF swing diagonally fwd
- 3 put weigt on LF and flick your r leg behind
- 4 step RF over LF
- 5-6 turn ³/₄ I with both feet [9.00] with a sweep
- 7&8 cross LF behind RF, step RF to r, cross LF over RF

If the armmovements aren't that clear, there is a video on youtube,

Have fun with it!





墙数:4