

Geraldine's Routine

拍数: 32 墙数: 4 级数: Improver - Fun
编舞者: Hazel Pace (UK) - March 2013
音乐: Geraldines Routine - Tape Five : (Album: Swing Patrol - iTunes)



Intro: 32 Count

[1 – 8] Sway Right, Left, Right, Left, 3/4 Turn Right, 1/4 Triple Turn Right.

- 1 – 4 Step right to right side as you sway your body right, left, right, left. (Wave hands in the air as you sway).
- 5 – 6 Step right making 1/4 turn right, 1/2 turn right stepping back on left.
- 7 & 8 Triple step 1/4 turn right on right, left, right. (12.00).

[9 – 16] Cross Rock Recover, 1/4 Left Triple Step, Hitch Touch 1/4 Turn Left X 2. Crossing Shuffle.

- 1 – 2 Cross rock left over right, recover on right.
- 3 & 4 Step left 1/4 turn left, right beside left, forward on left. (9.00).
- &5&6 Hitch right turning 1/4 left on left, touch right out to right side, X 2. (3.00).
- 7 & 8 Cross right over left, left to left side, cross right over left.

[17 – 24] Side Rock Recover, Crossing Shuffle, Bump Right, Left, Right Left Right.

(Hand movements as you rock, do your own thing, listen to the lyrics).

- 1 – 2 Face right diagonal as you rock left out to left side, recover on right.
- 3 & 4 Cross left over right, right to right side, cross left over right.
- 5 – 6 Bump hips to right, left.
- 7 & 8 Bump hips right left right, keeping most of your weight on right side. (Knees bend as you shake your hips).

[25 – 32] Step Back Touch X 2, Cross Unwind Right, Left Shuffle.

- 1 Face right diagonal as you dip down stepping back on left.
- 2 Straighten up as you touch right toe in front of left.
- 3 Face left diagonal as you dip down stepping back on right.
- 4 Straighten up as you touch left toe in front in front of right.
- 5 – 6 Cross left over right, unwind 1/2 turn right.
- 7 & 8 Step forward on left, right beside left, forward on left.

Restart. 9th Sequence – 16 Counts.

Dance up to count 14 making 3/4 turn left on hitch turn to face front wall.

ADDING &15 – Jump forward right, left, feet slightly apart, 16 – CLAP. Start again.

Ending. Dance up to cross unwind, back wall.

- 1 – Make 1/2 right stepping back on left, facing front.
- &2 – Quickly step back on right, touch left heel forward.

Hand movements optional, listen to the lyrics, use your imagination and have fun.

Hazel X