

Chug (P)

拍數: 64 牆數: 0 級數: Intermediate Partner
編舞者: Arne Stakkestad (BEL) - April 2015
音樂: Chug - The Scott Taylor Band



Start facing each other, Man inside circle□

Partners dance same steps, unless described otherwise, loose Hands

[1-8]□P-Bump R (Step, Dip, Touch), P-Bump L (Step, Dip, Touch), Pivot x 2

- 1-2 RF step right side (bow knees), LF touch left side (raise)
- 3-4 LF step left side (bow knees), RF touch right side (raise)
- 5-6 RF step forward, ½ left weight on LF
- 7-8 RF step forward, ½ left weight on LF

[9-16]□And Heel And Close x 3, And Heel And Touch

- &1&2 RF right side, LF touch heel forward, LF return, RF step beside LF
- &3&4 LF left side, RF touch heel forward, RF return, LF step beside RF
- &5&6 RF right side, LF touch heel forward, LF return, RF step beside LF
- &7-8 LF left side, RF touch heel forward, RF touch toe backward

[17-24]□Toe Strut ½ L x4

- 1-2 RF touch toe forward, ½ left, heel down
- 3-4 LF touch backward, ½ left, heel down
- 5-6 RF touch toe forward, ½ left, heel down
- 7-8 LF touch backward, ½ left, heel down

Partners pass each other by right shoulder and ends back to back, Man outside circle

[25-32]□Shimmy Shoulders And Bumps

- 1-2 Shake shoulders bending forward, hips backward for 2 counts
- 3-4 Shake shoulders bending backward, hips forward for 2 counts
- 5-6 Shake shoulders bending forward, hips backward for 2 counts
- 7-8 Shake shoulders bending backward, hips forward for 2 counts

[33-40]□Kick, Flick x4 Turning ½ L

- 1&2 RF kick forward, RF step beside, LF kick backward
- 3&4 LF kick forward, LF step beside ¼ left, RF kick backward
- 5&6 RF kick forward, RF step beside, LF kick backward
- 7&8 LF kick forward, LF step beside ¼ left, RF kick backward

Partners now facing each other, hold Right Hands at shoulder height

[41-48]□Walk ½ R, Jump Open, Close, Heel, Heel

- 1-2 RF step forward (start ½ right), LF step forward
- 3-4 RF step forward, LF step forward (end ½ right)

Facing each other, Man inside circle, loose Hands

- &5&6 RF right side, LF left side, RF close, LF close
- &7&8 raise heels, heels down (clap partner), raise heels, heels down (clap partner)

[49-56]□Shuffle ½ turn x 4, move forward in line of dance (Polka turns around each other)

- 1&2,3&4,5&6,7&8 M: shuffle LRL turn ½ right, shuffle RLR turn ½ right, shuffle LRL turn ½ right, shuffle RLR turn ½ right
- 1&2,3&4,5&6,7&8 L: shuffle RLR turn ½ right, shuffle LRL turn ½ right, shuffle RLR turn ½ right, shuffle LRL turn ½ right

(move forwards in line of dance and waltz around each other), right hand Man on hip Lady, left hand Lady on

right shoulder Man, left hand Man in right hand Lady, at shoulder level.

[57-64] □ Chasse, Cross Shuffle, Chasse, Stomp Stomp

Loose Hands, steps Man

1&2 Lf step left side, RF step beside, LF step left side

3&4 RF cross before LF, LF step beside, RF cross before LF

5&6 Lf step left side, RF step beside, LF step left side

7-8 RF stomp beside LF, LF stomp beside RF

Lady: □ Chasse RLR, Cross Shuffle LRL, Chasse RLR, stomp LF, Stomp RF, weight on LF

Option: to change partner: Man: Chasse left, chasse right, Cross shuffle, stomps RF, LF

Pause: in the middle of the song, the music stops, Lady stays. Man greet and walk to partner to the right. When the music starts again, that's the next partner to start the dance.

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