

Clean Up Woman

拍數: 32 牆數: 4 級數: Improver
編舞者: Linda McCormack (UK) - March 2016
音樂: Clean Up Woman - Leela James



[1-8]. R grapevine with a jump (clap hands), L syncopated grapevine touching R toe behind.

1,2,3,4. R side (1); L behind (2); R side (3); jump both feet together whilst clapping hands (4);
5,6&7&8. L side (5); R behind (6); step L slightly to L side (&); cross R in front of L (7); step L slightly to
L side (&); touch R toe behind L (8);

[9-16]. R grapevine with a jump (clap hands), L rolling vine with a ¼ turn L, snatch feet in together, shoot feet out (shoulder width apart)

1,2,3,4. R side (1); L behind (2); R side (3); jump both feet together whilst clapping hands (4);
5,6,7&8. ¼ turn L stepping forward on LF (9.00 wall) (5); ½ turn L stepping back on RF (3.00 wall) (6);
½ turn L stepping forward on LF (9.00 wall)(7); snatch both feet together (on balls of feet, feet
don't leave the floor)(&); shoot both feet out to sides (shoulder width apart, weight even
across feet)(8);

[17-24]. Hip bumps (R,L,double R- L,R,double L)

1,2,3,4. Hip bump to the R (1); hip bump to the L (2); double hip bump to the R (3,4);
5,6,7,8. Hip bump to the L (5); hip bump to the R (6); double hip bump to the L (7,8);

[25-32]. R rock forward, recover, R side rock, recover, R sailor cross, L rock forward, recover, L side rock, recover, L cross behind, unwind full turn R

1&2&. Rock forward R (1); recover weight back onto L (&); rock R to R side (2); recover weight back
onto L (&);
3&4. Cross R behind L (3); step L slightly to L side (&); cross R over L (4);
1&2&. Rock forward L (1); recover weight back onto R (&); rock L to L side (2); recover weight back
onto R (&);
7,8. Cross L behind R (7); turning to the R unwind a full turn (back to 9.00 wall, weight ends on
LF) (8);