Slippin' and slidin'



拍數: 48 牆數: 2 級數: Low Intermediate

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音樂: Slippin' and Slidin' - Shakin' Stevens



Start with the lyrics of the song.

SLAP, SLAP, SWIVELS

- 1 Lift the right knee and right hand hit the outside of the foot.
- 2 Foot right to the site.
- 3 Raise your right knee and right hand hit the outside of the foot .
- 4 Foot right to the site.
- 5 Bring both heels to right.
- 6 Bring both heels to center.
- 7 Bring both heels to right.
- 8 Bring both heels to center.

SLAP, SLAP, SWIVELS

- 9 Raise the left knee and left hand hitting the outside of the foot.
- 10 Foot left to the site.
- 11 Raise the left knee and left hand hitting the outside of the foot .
- 12 Foot left to the site.
- 13 Bring both heels to the left.
- 14 Bring both heels to center.
- 15 Bring both heels to the left.
- 16 Bring both heels to center.

ROCKING CHAIR, JAZZ BOX

- 17 Rock forward with right foot.
- 18 Recover weight on left foot.
- 19 Rock back with right foot.
- 20 Recover weight on left foot.
- 21 Cross right foot behind left foot.
- 22 Step back with left foot.
- 23 Step with right foot to right side.
- 24 Left foot next to right foot.

KICK KICK, TOE STRUTS

- 25 Kick forward with right foot.
- 26 Step forward with right foot.
- 27 Kick forward with left foot.
- 28 Step forward with left foot.
- 29 Point the right foot forward.
- 30 Lower the foot.
- 31 Point the left foot forward.
- 32 Lower the foot.

(optional)

Instead of making the struts toe , you can also do the following ... RIGHT TOE STRUT BACK ½ TURN, LEFT TOE STRUT FWD TURN

- 29 right toe front
- 30 making ½ turn left foot down.
- 31 left toe behind .

GRAPEVINE, ROLLIN VINE

33 - Step with right foot to right side.

34 - Cross with left foot behind the right foot.

35 - Step with right foot to right side.

36 - Point left to left side .

37 - Turn ¼ turn left stepping on left foot forward.

38 - Turn ½ turn left leaving the right back.

39 - Turn ¼ turn left leaving the left foot to the side .

40 - Step right to side with the left foot.

STOMP, PIVOT, TRAVELING TOE-HEEL SWIVELS

41 - Stomp forward with right foot.

42 - Hold .

43 - Turn ½ turn left.

44 - Hold .

45 - Swivel left heel to the right and touch right near the left edge .
46 - Swivel left end to the right and Touch right heel near the left .
47 - Swivel left heel to the right and touch right near the left edge .
48 - Swivel left end to the right and Touch right heel near the left .

TAG: At the end of the sixth wall, add these 4 steps : CROSS, FULL TURN

1 - Cross right over left

2-3-4 - swing a full turn on two feet.

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