Spooky



拍數: 32 牆數: 4 級數: Improver

編舞者: Jill Weiss (USA) - October 2016 音樂: Spooky - Dusty Springfield



Alt. music:-

Memphis Women and Chicken by Zac Hacker

I'll Tell You What by Rick Tippe

No Tags Or Restarts

WALK R, L, ANCHOR STEP; WALK BACK L, R, SIDE ROCK, CROSS

1-2 Walk forward R, L

3&4 Step R behind L turning body to R diagonal (3), cross L over R (&), step back on R squaring

body up to 12:00 (4)

5-6 Walk back L, R

7&8 Rock L to L, recover weight to R, step L in front of R (12:00)

LUNGE RIGHT, DRAG LEFT TO RIGHT, SHIFT WEIGHT TO LEFT, RT HIP ROLLS

1-2-3 Big step side right (slightly bend right knee) (1), drag left foot next to right (2-3)

4 Shift weight to left foot

5-6-7-8 Roll right hip clockwise, leaving weight on left (5-6), repeat (7-8) (Note: on walls 2, 4 and 6 you can snap on counts 2 and 4 with snaps in music)

CROSS ROCK, SHUFFLE 1/4 RIGHT, ROCK RECOVER, SHUFFLE BACK

1-2 Cross rock R in front of L, recover weight to L

3&4 Shuffle ¼ turn right R-L-R (3:00)

5-6 Rock forward on L, recover weight to R

7&8 Shuffle back L-R-L (3:00)

BACK DRAG WITH TOUCH 2X, ROCK BACK, KICK BALL STEP

1-2 Step back diag R(1), drag L next to R with touch, weight stays on R(2)
3-4 Step back diag L(3), drag R next to L with touch, weight stays on L(4)

Rock back on R, recover weight forward to LKick right, step on ball of right, step forward on L

Repeat - have fun!