Momma, It's My Soul

拍數: 32

級數: Beginner

編舞者: Forty Arroyo (USA) - December 2016 音樂: It's My Soul - Lynn August

** Dedicated to The Webster Senior Center Line Dancers **

Start on Vocals

[1-8]□STOMP R, HOLD, LEFT SHUFFLE FORWARD - REPEAT

- Stomp right slightly forward, Hold 1,2
- 3&4 Shuffle forward: Step forward on L, Step R next to L, Step forward on L
- 5-8 REPEAT steps 1 thru 4 above

[9-16]□BACK, TOUCH, BACK, TOUCH - REPEAT

- Step back on R (right diagonal), Touch L next to R 1,2
- Step back on L (left diagonal), Touch R next to L 3,4
- 5-8 REPEAT steps 1 thru 4 above

[17-24] VINE RIGHT WITH A HITCH (OR TOUCH), VINE LEFT WITH ¼ L WITH HITCH OR TOUCH

- 1-4 Step R to side, Step L behind R, Step R to side, Hitch L (or touch L next to R)
- Step L to side, Step R behind L, Step forward on L turning 1/4 to left, Hitch R (or touch R next 5-8 to L)

[25-32] TOUCH, STEP, TOUCH, STEP, HEEL TAP, STEP, HEEL TAP, STEP

- Touch R out to side, Step R next to L, Touch L out to side, Step L next to R 1-4
- 5.6 Tap R heel forward (right diagonal), Step R next to L
- 7,8 Tap L heel forward (left diagonal), Step L next o R

Start over.... and remember... if you MESS UP...CRACK UP!!

Contact: forty.arroyo@gmail.com





牆數: 4