

Cake

拍數: 32 牆數: 2 級數: Improver - Non-Country
編舞者: Shane McKeever (N.IRE) - June 2017
音樂: Cake - Flo Rida & 99 Percent : (Single)



Count-in: 16 Count Intro □

[1-8] □ □ Diagonal Steps with Hitches, Side, ¼ Knee Turn, Coaster Step

1,2 Step RF to R diagonal, Hitch L knee
3,4 Step LF to L diagonal, Hitch R knee
5,6 Step RF to R side, Twist R knee in as you make ¼ turn L (keeping weight on R leg with the L leg straight) (face 9.00)
7&8 Step back on LF, Close RF to LF, Step LF fwd

[9-16] □ □ Step Fwd, Together, Hip Bump, Step Back, Together, Hip Bump, Out, Out, Knees In, Heels, Toes, Heels

&1&2 Step RF fwd (&), Close LF to RF (1), Hip bump to L (&), Recover (2)
&3&4 Step RF back (&), Close LF to RF (3), Hip bump to L (&), Recover (4)
&5 Step RF to R side, Step LF to L side
6 Keeping feet apart, close knees
7 Open knees as you twist both heels in
&8 Twist toes in, Twist heels in (face 9.00)

[17-24] □ □ 2 x ¼ Pivot Turns, 2 x Botafogos

1,2 Step RF fwd, ¼ pivot turn to L, taking weight to LF (face 6.00)
3,4 Step RF fwd, ¼ pivot turn to L, taking weight to LF (face 3.00)
5&6 Cross RF over LF, Rock LF to L side, Recover weight to RF
7&8 Cross LF over RF, Rock RF to R side, Recover weight to LF

[25-32] □ □ 4 x Taps (travelling back), Fwd Hitch, Side Hitch, ¼ Hitch, Close

1&2& Tap RF fwd, step RF back, Tap LF fwd, Step LF back
3&4 Tap RF fwd, Step RF back, Tap RF fwd
5 Hitch L knee
6 Keeping knee up, swing L knee out to L side (side hitch), still facing 3.00
7 Keeping knee up, make ¼ turn R swinging L knee fwd (fwd hitch) (face 6.00)
8 Close LF beside RF

Begin again