

Nickolodeon

拍數: 72 牆數: 2 級數: Improver
編舞者: Judy Goudreau (CAN) - November 2017
音樂: Music! Music! Music! - Teresa Brewer : (iTunes)



#32 count intro

S1: Charleston, Toe Strut R & L, Mambo

1-4 Point R fwd, Step R back, Point L back, step L fwd
5&6& Step R toe fwd, drop heel, step L toe fwd, drop heel
7&8 Rock R to side, recover L, step R beside L

S2: Toe Strut L & R, Mambo, Kick R & L, Push Fwd

1&2& Step L toe fwd, drop heel, step R toe fwd, drop heel
3&4 Rock L to side, recover R, step L beside R
5& Kick R to R diagonal lifting up on L toe pushing hands fwd, return front
6& Kick L to L diagonal lifting up on R toe pushing hands fwd, return front
7-8 Lift up on toes pushing hands fwd up in circles (R to CW, L to CCW), drop back to heels

S3: Charleston, Cross Rock Side Shuffle

1-4 Point R fwd, Step R back, Point L back, step L fwd
5-6 Cross rock R over L, recover L
7&8 Step R to side, step L beside R, step R to R

S4: Cross Rock Side Shuffle, Kick R & L, Push Fwd

1-2 Cross rock L over R, recover R
3&4 Step L to side, step L beside R, step L to side
5& Kick R to R diagonal lifting up on L toe pushing hands fwd, return front
6& Kick L to L diagonal lifting up on R toe pushing hands fwd, return front
7-8 Lift up on toes pushing hands fwd up in circles (R to CW, L to CCW), drop back to heels

*** RESTART: Wall 4

S5: Rock/Recover ½ turn Shuffle, Rock/Recover ¼ turn Shuffle

1-2 Rock R fwd, recover L
3&4 Shuffle ½ turn R stepping R-L-R
5-6 Rock L fwd, recover R
7&8 Shuffle ¼ turn L stepping L-R-L

S6: Jazz Box, Vaudeville R & L

1-4 Step R across L, step back L, step R to side, step L beside R
5&6& Step R across L, step L back, dig R heel to R diagonal, step R beside L
7&8& Step L across R, step R back, dig L heel to L diagonal, step L beside R

S7: Rock/Recover, Coaster R & L

1-2 Rock R fwd, recover L
3&4 Step R back, step L beside R, step R fwd.
5-6 Rock L fwd, recover R
7&8 Step L back, step R beside L, step L fwd

S8: Walk ¾ turn, Kick R & L, Push Fwd

1-4 Walk R, L, R, L in a ¾ circle to the R
5& Kick R to R diagonal lifting up on L toe pushing hands fwd, return front
6& Kick L to L diagonal lifting up on R toe pushing hands fwd, return front

7-8 Lift up on toes pushing hands fwd up in circles (R to CW, L to CCW), drop back to heels
***** RESTART: Wall 3**

S9: Point Step Back R & L, ½ turn Shuffle, Run Fwd

1-4 Point R to side, step R back, point L to side, step L back

5&6 Shuffle ½ turn R stepping R-L-R

7&8 Run fwd stepping L-R-L

Restarts:

Wall 3 – after 64 counts (section 8)

Wall 4 – after 32 counts (section 4)
