

Rad-Gumbo

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Peter Jones (UK) & Anna Lockwood (UK) - January 2018
音樂: Rad Gumbo - Little Feat : (amazon)



#32 count intro. No Tags or Restarts

S1. Rock Back, Kick x 2, Rock Back, Step, Hold.

1-2-3-4 Rock Back On R, Recover On L, Kick R Forward Twice.
5-6-7-8 Rock Back On R, Recover On L, Step Forward On R, Hold.

S2. Rocking Chair, Step, Pivot ¼, Cross, Hold.

1-2-3-4 Rock Forward On L, Recover On R, Rock Back On L, Recover On R.
5-6-7-8 Step Forward On L, Pivot ¼ R On R, Cross L Over R, Hold.

S3. Weave, Side Rock, Cross, Hold.

1-2-3-4 Step R To R Side, Cross L Behind R, Step R To R Side, Cross L Over R.
5-6-7-8 Rock R To R Side, Recover On L, Cross R Over L, Hold.

S4. Side Touches x 2, Chasse ¼ Turn.

1-2-3-4 Step L To L Side, Touch R Next To L, Step R To R Side, Touch L Next To R.
5-6-7-8 Step L To L Side, Step R Next To L, Turn ¼ L Stepping On L, Hold.

S5. Step, Pivot ½, Toe Struts x 3.

1-2-3-4 Step Forward On R, Pivot ½ L On L, Touch R Toe Forward, Drop Heel.
5-6-7-8 Touch L Toe Forward, Drop Heel, Touch R Toe Forward, Drop Heel.

S6. Side, Touch In, Out, In, Side, Touch In, Out, Step Together.

1-2-3-4 Step L To L Side, Touch R Next To L, Touch R To R Side, Touch R Next To L.
5-6-7-8 Step R To R Side, Touch L Next To R, Touch L To L Side, Step L Next To R.

S7. Swivel Heels, Toes, Heels, x 2 Clap.

1-2-3-4 Swivel Heels To R, Swivel Toes To R, Swivel Heels R, Hold & Clap.
5-6-7-8 Swivel Heels To L, Swivel Toes To L, Swivel Heels L, Hold & Clap.

S8. Step, Lock, Step, Hold, Step ½, Step ½, Hold.

1-2-3-4 Step Forward On R. Step L Behind R, Step Forward on R, Hold.
5-6-7-8 Step Forward On L, Pivot ½ R On R, Pivot ½ R Back On L, Hold.

Last Update - 31st Jan. 2018
