

Patrick Swayze

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Helena Jeppsson (SWE) - March 2018
音樂: Patrick Swayze - Sigrid Bernson



Kick ball point x2, kick ball touch, hip motion

- 1&2 Kick RF fwd, step RF beside LF, point left toe out to left side
- 3&4 Kick LF fwd, step LF beside RF, point right toe out to right side
- 5&6 Kick RF fwd, step RF slightly behind LF, touch ball of LF fwd
- 7 Roll hips fwd and upwards
- 8 Roll hips fwd and upwards (weight on RF)

1/4 R sailor turn, behind, side, mambo fwd, mambo back

- 1&2 Step back on LF, 1/4 turn R stepping RF to right side, step LF to left side
- 3 Step RF behind LF
- 4 Step LF to left side
- 5&6 Rock fwd on RF, recover, step RF beside LF
- 7&8 Rock back on LF, recover, step LF beside RF

Step turn, out, out, full turn R

- 1, 2 Step fwd on RF, make a 1/2 turn L (weight on LF)
- 3, 4 Step RF to right side, step LF to left side
- 5, 6 1/4 turn R stepping fwd on RF, 1/2 turn R stepping back on LF
- 7, 8 1/4 turn R stepping RF to right side, touch left toe beside RF

Half circle walk, knee pops

- 1, 2, 3, 4 Make a 1/2 turn L walking L, R, L, R in a half circle
- 5 Touch left toe beside RF
- 6 Step down on LF and pop right knee fwd
- 7 Step down on RF and pop left knee fwd
- 8 Step down on LF and pop right knee fwd

TAG: end of wall 4

Hips bump x4

- 1,2 Step RF to right side and bump hips to right, left
- 3,4 Bump hips to right, left (weight ends on LF)