

Top Shelf

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Stompin' Grounds (USA), Tessa Sturm & Dustin Sturm - February 2020
音樂: Go Head (feat. Long Cut) - Lenny Cooper



Section 1: [1-8]: Step L, R Wizard Step, L Wizard Step, R Hip Sway, Drop Down, Pop Up

- &1-2& Step Left forward, Step Right forward at an angle, Step/slide the Left foot up behind the Right, Step Right forward
- 3-4& Step Left forward at an angle, Step/slide the Right foot up behind the Left, Step Left forward
- 5-6 Sway hips to the right (shifting weight left to right)
- 7-8 Drop into a squat, pop up with weight on Right

Section 2: {1-8}: L 1/2 Turn Shuffle LRL, Full Spin, Hip Bumps RLR, Backward Sliding Toe Heel Struts LR

- 1&2 Shuffle Left, Right, Left while turning 1/2 turn to the Left
- 3-4 Left Full spin (in place)
- 5&6 Bend slightly forward, lifting up on toes, while bumping hips Right, Left, Right
- 7-8 Slide back on Left toe and drop to heel, while bending right knee. Slide back on Right toe and drop to heel, while bending left knee

Section 3: [1-8]: L Forward Traveling Heel Toe Struts (x2), Shuffle Backwards RLR, L 1/2 Turn Shuffle LRL

- 1-2 Step Left forward on heel, Step Right next to Left bringing your Left toe down
- 3-4 Step Left forward on heel, step Right next to Left bringing your Left toe down
- 5&6 Shuffle Backward Right, Left, Right
- 7&8 Shuffle Left, Right, Left while turning 1/2 turn to the Left

Section 4: [1-8]: Heel Switches R L, Slide Back on R with L Heel Drag, L 1/4 Turn Pivot (x2)

- 1&2& Touch Right Heel at diagonal, Recover on Right, Touch Left Heel at diagonal, Recover on Left
- 3-4 Slide backward leading with Right foot and dragging the Left heel behind, step Left next to Right
- 5-8 1/4 Pivot step Right turning Left (x2)

NOTES (Optional)

*Sec 1 - Styling – While doing the Hip Sway – sweep Right hand left to right, landing on hip

*Sec 1 - Styling - While Dropping Down lift Right arm up in the air and bring it back down when popping back up

*Sec 1 - Instead of the Drop Down, Pop Up there are three other options: (1.) Bend & Snap bending over your left leg and standing back up landing with weight on Right foot, (2.) Hip Roll Counterclockwise, OR (3.) Hold & Stomp Right foot twice

*Sec 3 - Instead of the L 1/2 Turn Shuffle, replace the shuffle with a Full or Double Spin

*Sec 4 - Styling - While Pivoting, there are two options (1.) Raise both hands up in the air and spin them counterclockwise once with each pivot OR (2.) Lasso with right arm counterclockwise once with each pivot