EZ I Gotta Wash My Hands

級數: Absolute Beginner

編舞者: Betty Lee (CAN) - April 2020

音樂: I Gotta Wash My Hands - The Fab Four

**2 Restarts: During Wall3, Wall 5, after 44 counts

Section 1 Lindy R, Lindy L

拍數: 48

- 1&2 Step R to R side, Step L next to R, Step R to R side
- 3-4 Rock step back L, Recover to R
- 5&6 Step L to L side, Step R next to L, Step L to L side
- 7-8 Rock step back R, Recover to L

Section 2 Vine R, Touch; Vine L, Touch

- 1-4 Step R to R side, Step L behind R, Step R to R side, Touch L next to R
- 5-8 Step L to L side, Step R behind L, Step L to L side, Touch R next to L

Section 3 Out-Out-In-In, R Rocking Chair

- 1-4 Step R forward to R diagonal, Step L forward to L diagonal, Step R back to centre, Step L next to R
- 5-8 Rock step R forward, Recover to L, Rock step back R, Recover to L

Section 4 (Side Rock, Cross Shuffle) R&L

- 1,2,3&4 Rock step R to R side, Recover to L; Cross R over L, Step L to L, Cross R over L
- 5,6,7&8 Rock step L to L side, Recover to R; Cross L over R, Step R to R, Cross L over R

Section 5 (Side, Together; Triple Steps) R&L

- 1,2,3&4 Step R to R side, Step L next to R, Triple steps in place R-L-R
- 5,6,7&8 Step L to L side, Step R next to L, Triple steps in place L-R-L

Section 6 Walk X3, Hitch, Back X3, Touch

1-4 Walk forward R,L,R, Hitch L knee

*** During Wall 3, Wall 5, Count 1-3: Walk forward X3, then on count 4: step on L instead of hitching L Knee, weight is now on L, Restart the dance.

5-8 Walk back L,R,L, Touch R next to L

Repeat

Happy dancing, stay active, stay healthy, stay safe!





牆數:1