

Cool Dancing

拍數: 32 牆數: 1 級數: Beginner
編舞者: Laura Turcaud (FR) - June 2020
音樂: Let's Go Dancin' (Ooh La, La, La) - Kool & The Gang



Adaptation proposals :

Julie Pietri « Eve lève-toi »

Ray Charles « Hit the road Jack »

Franky Vincent « Fruit de la passion »

...maybe you will have other ideas, long live the adaptation !

(1-8) (Point, Touch, Point, Triple step) x2

1&2 R point to R, touch R point next to L, R point to R

3&4 Put R, L next to R, PD à D

5&6 L point to L, touch L point next to R, L point to L

7&8 Put L, R next to L, L to L

(9-16) Mambo x2, Point x3 with ¼ turn

1&2 R forward, return to L, R next to L

3&4 L back, return to R, L next to R

5-6 R point to R, 1/8 turn to L and R point to R

7-8 1/8 turn to L and R point to R, R next to L 9H

(5 to 7, spread your arms, push, at each point, like on the video)

(17-24) Heel, Toe, Triple step x2, Rock step

1-2 L heel forward, L point back

3&4 L forward, R next to L, L forward

5&6 R back, L next to R, R back

7-8 L back, return to R

(25-32) Walk x2, Triple step, Sway x3

The first 4 counts are done by making ¾ turn to L

1-2 walk L, walk R

3&4 L forward, R next to L, L forward 12H

5-6 R to R with hips, hips to L

7-8 Hips to R, return on L