

Rampampam

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Mark Furnell (UK) & Chris Godden (UK) - April 2021
音樂: Rampampam - Minelli



#32 Count Intro / Approx. 18 Secs, No Tags or Restarts

SEC 1: Step, Scissor Cross, Side, Behind, ¼ Step, ¾ Hitch, Side Shuffle

1 Step right forward
2&3 Step left to left, step right beside left, cross left over right
4-5 Step right to right, step left behind right
6-7 Turn ¼ right stepping right forward, turn ¾ right hitching left knee (12:00)
8&1 Step left to left, step right beside left, step left to left

SEC 2: Touch, Twist Twist, Side, Point, Rolling Vine Into Side Shuffle

2&3 Step ball of right behind left, split heels out, recover heels to centre taking weight fully onto right

*Arms

*2 Touch right hand to left shoulder, left hand to right shoulder

*& Touch right hand to right shoulder, left hand to left shoulder

*3 Drop both arms to the side

4-5 Step left to left, point right to right
6-7 Turn ¼ right step right forward, turn ½ right step left back (9:00)
8&1 Turn ¼ right step right to right, step left beside right, step right to right (12:00)

SEC 3: Kick Cross Touch, Back, Together, Cross, Side, ¼ Together

2&3 Kick left to right diagonal, cross left over right, touch right behind left

*Arms

*2 Left arm forward in front of body, punch right over left arm

*3 Punch right hand under left arm

4-5 Step right back, step left beside right
6-7 Cross right over left, step left to left
8 Turn ¼ right step right beside left (3:00)

SEC 4: Press Rock, Ball Touch, Ball Touch, Ball Step Sweep, Step Sweep

1-2 Press left forward, recover weight back onto right
&3 Step left back, touch right forward
&4 Step right back, touch left forward
&5-6 Step left beside right, step right forward, sweep left from back to front
7-8 Step left forward, sweep right from back to front

Last Update: 22 Feb 2023