

The Gregory

拍數: 48 牆數: 4 級數: Improver
編舞者: Gregory F. Huff (USA) - January 2023
音樂: Teknochek Collision - Slavic Soul Party!



*1 RESTART

#48 count intro; start dance at :26 in music.

SWAY (HIP BUMPS), ROCK & COASTER

1-4 Step right foot to the right as you sway your hips right, left, right, left
5-6 Step right foot forward as you rock forward, rock backward on left foot
7&8 Step right foot backward, step left next to right, step right foot forward

1/4 TURN RIGHT, HEEL JACKS

1&2& Step left foot forward, step right foot ¼ turn right, cross left over right, step right foot to the right
3&4& Cross left behind right, step right foot to the right, touch left heel on the left, step down on left foot
5&6& Cross right over left, step left foot to the left, touch right heel on the right, step down on right foot
7&8& Cross left over right, step right foot to the right, touch left heel on the left, step down on left foot

TOUCHES & KICKS, BABY SHUFFLE, TOE HEEL CROSS HEEL, BABY SHUFFLE

1&2& Touch right toe forward, bending right knee cross right foot over left knee, touch right toe forward, bending right knee kick right foot backward
3&4 Take baby steps to the right: step right foot to the right, step left next to right, step right foot right
5&6& Touch left toe backward, touch left heel on the left, bending left knee cross left foot over knee, touch left heel on the left
7&8 Take baby steps to the left: step left foot to the left, step right next to left, step left foot on the left

1/4 RIGHT TURNING JAZZ BOX, SYNCOPATED CROSS ROCKING CHAIR, BABY WALK

1-2 Cross right over left, step left foot backward
3-4 Step right foot ¼ turn right, step left next to right
5&6& Rock forward as you cross right over left, rock backward as you step left foot backward, step right next to left, rock forward as you cross left over right
7&8& Rock backward as you step right foot backward, step left next to right, walk baby steps diagonally to the left: right, left

ROLL PUNCH BABY SHUFFLE FORWARD RIGHT, LEFT, BACKWARD RIGHT, LEFT

1&2 Baby shuffle diagonally forward to the right: step right, left, right as you bend your elbows and rotate your fists in a circle around each other diagonally up to the right
3&4 Baby shuffle diagonally forward to the left: step left, right, left as you bend your elbows and rotate your fists in a circle around each other diagonally up to the left
5&6 Baby shuffle diagonally backward to the right: step right, left, right as you bend your elbows and rotate your fists in a circle around each other diagonally down to the right
7&8 Baby shuffle diagonally backward to the left: step left, right, left as you bend your elbows and rotate your fists in a circle around each other diagonally down to the left

LIGHTBULB BABY SHUFFLE RIGHT, LIGHTBULB PADDLE 3/4 TURN LEFT

1&2 Baby shuffle to the right: step right, left, right as you reach your right arm up bent at the elbow, swiveling your wrist back & forth and holding your hand as if gripping a lightbulb

- 3&4& As you reach your left arm up bent at the elbow swiveling your wrist back & forth and holding your hand as if gripping a lightbulb for counts 3-7: step left foot 1/8 to the left as you pivot on the ball of your right foot, step down on your right, step left foot 1/8 to the left as you pivot on the ball of your right foot, step down on your right
- 5&6& Step left foot 1/8 to the left as you pivot on the ball of your right foot, step down on your right, step left foot 1/8 to the left as you pivot on the ball of your right foot, step down on your right
- 7&8 Step left foot 1/8 to the left as you pivot on the ball of your right foot, step down on your right, step left foot 1/8 to the left as you drop your left arm to your side.

RESTART ON WALL 7:

Complete counts 1-40; restart dance (at 3:22 in music).

Add your own style and have fun!!

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