

Seven Days

拍數: 32 牆數: 0 級數: beginner - Contra Circle
編舞者: Bobby Chong (CAN) - September 2024
音樂: Seitse Pühapäeva - Karl-Erik Taukar
或: Get Down On It - Kool & The Gang



Get Down On It - Kool & The Gang (alternate song for teaching - slower pace)

Start: 32 counts – start dancing on lyrics

LOD: Partners stand face to face in a big circle facing inwards and outwards.

TOE HEEL STOMP IN PLACE X 2

1 Touch R toe in towards left instep turning knee in,
2 Touch R heel diagonally forward turning knee out
3&4 Stomp R, L, R in place
5 Touch L toe in towards right instep turning knee in,
6 Touch L heel diagonally forward turning knee out
7&8 Stomp L, R, L in place

STEP KICKS WITH INSTEP TAPS X 4

1-2 Step R to right side, hitch L foot to meet your partners L instep
3-4 Step L to left side, hitch R foot to meet your partners R instep
5-6 Step R to right side, hitch L foot to meet your partners L instep
7-8 Step L to left side, hitch R foot to meet your partners R instep

VINE R, TOUCH, HIGH FIVE, VINE L, TOUCH

1-4 Step R to right, step L behind right, step R to right, touch L beside R and high five your new partner with your right hand
5-8 Step L to left, step R behind left, touch R beside L

STEP PIVOT ½ TURN X 2, SIDE TOGETHER, SIDE STOMP

1-4 Step R forward, pivot ½ turn left, step R forward, pivot ½ turn left
5-8 Step R to right side, step L beside right, step R to right side, stomp L beside right

REPEAT

Last Update - 6 Nov. 2024 - R1
