

Skeleton Dance

拍數: 32 牆數: 4 級數: Beginner
編舞者: Karianne Heimvik (NOR) - October 2024
音樂: Skeleton Dance - Samantha Leah



(1-8) walk, walk, mambo step, back sweep, back sweep, behind, side, cross

1,2,3&4 step RF fwd, step LF fwd, rock RF fwd, recover weight onto LF, step RF back
5,6,7&8 step LF back and sweep RF front to back, step RF back and sweep LF front to back, step LF behind RF, step RF to right side, cross LF over RF

(9-16) rock step, behind, side, cross, rock step, behind, ¼ turn, fwd

1,2,3&4 rock RF out to right side, recover weight onto LF, step RF behind LF, step LF to left side, cross RF over LF
5,6,7&8 rock LF out to left side, recover weight onto RF, step LF behind RF, make ¼ turn over right shoulder stepping RF to right side, step LF fwd

(for styling: use you hips and reach your arm on the rock steps)

(17-24) walk, walk, syncopated V-step, back, back, out, out, in, in

1,2&3&4 step RF fwd, step LF fwd, step RF out on right diagonal (on you toes), step LF out on left diagonal (on you toes), step RF back in place, step LF back in place
5,6&7&8 step RF back, step LF back, step RF out to right side (on you toes), step LF out to left side (on you toes), step RF back in place, step LF back in place

(for styling use your hands to highlight the v-step and the out/out, in/in)

(25-32) 360 circle; walk, walk, run, run, run X2

1,2,3&4 step RF fwd (start to make the turn to left), step LF fwd toward left side, run RF, run LF, run, RF (you are now ½ way),
5,6,7&8 step LF fwd, step RF fwd toward left side, run LF, run RF, run LF

And start the dance again! Dance, have fun and remember to smile!

Ending:

after the 5 th wall you finish the last run, run, run (7&8) facing the 12o'clock wall, cross RF over L and reach your Right arm fwd
