

My People

拍數: 32 牆數: 4 級數: Improver
編舞者: Linda Opdahl (NOR) - November 2024
音樂: MY PEOPLE - James Johnston



#4 tags + ending

TOUCH, KICK, COASTER STEP, TOUCH, KICK, COASTER STEP

1,2,3&4 Touch RF beside LF, kick RF diagonally to the right, RF coaster step.
5,6,7&8 Touch LF beside RF, kick LF diagonally to the right, LF coaster step.

SHUFFLE, SHUFFLE 180, COASTER STEP, WALK, WALK

1&2,3&4 RF shuffle forward, LF shuffle 180 turn R
5&6,7,8 RF coaster step, LF walk forward, RF walk forward

SHUFFLE, SHUFFLE 180, COASTER STEP, WALK, WALK

1&2,3&4 LF shuffle forward, RF shuffle 180 turn L
5&6,7,8 LF coaster step, RF walk forward, LF walk forward

MONTEREY TURN, MONTEREY TURN, JUMP OUT, JUMP IN CROSS, FULLTURN UNWIND

1,2,3,4 Touch R toe to right side, pivoting 1/2 right on ball of L, step R next to L, touch L toe to L,
step L next to R
5,6,7&8 Jump both feet out, jump in cross, unwind 3/4 turn L. Weight on L.

After 3rd wall facing 03:00 add:

1&2,3,4 R hip to right × 2, L hip to left × 2

Restart at 4th wall after 16 counts, change last to counts to:

7&8 counts is L shuffle forward

After 7th wall facing 12:00 add:

1,2,3,4 R hips to right × 2, L hips to left × 2

After 9th wall facing 6:00 add tag:

1&2,3,4 R shuffle forward, step L forward, pivot 1/2 on L
5,6,7,8 L paddle 1/4 turn turn R, L paddle 1/4 turn turn R
1&2,3,4 L shuffle forward, step R forward, pivot 180
5,6,7,8 R paddle 1/4 turn to L, R paddle 1/4 turn to L

After 10th wall facing 3:00 add:

1,2,3,4 R hips to right × 2, L hips to left × 2
5,6 R hips to right, L hips to left

Ending 13th wall:

Last 5,6,7,8 Unwind to 12 o'clock. (full turn+1/4turn)

Alt.music: Country boys - James Johnston:

2 restart after 16 counts on 3. and 8. wall - Two last count is a shuffle on L instead of walk walk.

Last Update: 12 Nov 2024