

I Washed My Hands

拍數: 32 牆數: 4 級數: Beginner
編舞者: Antoinette Claassens (NL) - 31 December 2024
音樂: I washed my hands in muddy water - Jarno Vergouwen



Intro: 8 counts

Toe struts R-L, rocking chair, (2x)

1 & RF step on toe fwd – put heel down
2 & LF step on toe fwd – put heel down
3 & 4 & RF rock fwd – recover on LF - RF rock back – recover on LF
5 & RF step on toe fwd – put heel down
6 & LF step on toe fwd – put heel down
7 & 8 & RF rock fwd – recover on LF - RF rock back – recover on LF

1/4 L side mambo cross, hinge 1/2 turn R, 1/2 rumba box fwd x 2

1 & 2 (1/4 turn L) RF rock R side – Recover on LF – RF cross over
3 & 4 LF 1/4 R step aside – RF 1/4 R step back – LF cross over
5 & 6 RF step R side – LF close – RF step forward
7 & 8 LF step L side – RF close – LF step forward

Mambo 1/2 turn R, shuffle 1/2 turn R, 1/4 R side mambo cross, step side, pivot 1/4 R, step fwd

1 & 2 RF rock fwd – recover on LF – RF 1/2 turn R step fwd
3 & 4 LF step fwd 1/4 turn R – RF close – LF step back 1/4 turn R
5 & 6 (1/4 turn R) RF rock R side – Recover on LF – RF cross over
7 & 8 LF step L side – LF+RF turn 1/4 R – LF step forward

Traveling twist R + L, back mambo step, pivot 1/2 R

1 & 2 Twist heels – toes – heels R side
3 & 4 Twist heels – toes – heels L side
5 & 6 RF rock back – recover on LF – RF step forward
7 & 8 LF step fwd – LF+RF turn 1/2 R – LF step forward

Start over again!

Finish:

Dance the first session unto count 7 & [9].

8 step 1/4 turn R to the front wall to end [12]