

The Kitchen Sink

拍數: 64 牆數: 4 級數: Beginner
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音樂: Walking On Sunshine - Katrina and the Waves



This dance is absolutely perfect for beginners! It's a fantastic way to introduce a variety of steps while grooving to some fun and energizing music. If you're an absolute beginner, don't worry about the turn—just focus on the rhythm! You can spice it up with some awesome arm movements and style.

Walk Forward R, L, R Kick, Walk Back L, R, L, Tap

1 2 Step R forward, Step L forward
3 4 Step R forward, Kick L forward
5 6 Step L back, Step R back
7 8 Step L back Tap R next to L

Diagonal Forward Shuffles 4x R, L, R, L

1&2 Step R at diagonal, Step L next to R, Step R to R diagonal
3&4 Step L to L diagonal, Step R next to L, Step L to L diagonal
5&6 Step R at diagonal, Step L next to R, Step R to R diagonal
7&8 Step L to L diagonal, Step R next to L, Step L to L diagonal

4 Step Touches Diagonally Back

1 2 Step R, Step L next to R on a diagonal back
3 4 Step L, Step R next L on a diagonal back
5 6 Step R, Step L next to R on a diagonal back
7 8 Step L, Step R next L on a diagonal back

R Rock, R Coaster Step, L Rock, L Coaster Step

1 2 Rock forward R, recover
3&4 Step back right, step back left, step forward right
5 6 Rock forward L, recover
7&8 Step back left, step back right, step forward left

Lindy R, Lindy L

1&2 Step right to right side, step left next to right, step right to right side
3 4 Step left behind right, rock and recover
5&6 Step left to left side, step right next to left, step left to left side
7 8 Step right behind left, rock and recover

K- Step

1 2 Step R forward on a diagonal, Step L next to right
3 4 Step L back on a diagonal, Step R next to Left
5 6 Step Right on a diagonal, Step L next to right
7 8 Step forward Right on a diagonal and Step L next to right

Grapevine Right, Grapevine Left with a ¼ turn to the left with a brush

1 2 Step R to right, Step L behind R,
3 4 Step R to right, Touch L next to R
5 6 Step L to left, Step R behind L
7 8 Turn ¼ turn to left Step L fwd,(9:00) Brush R fwd

Jazz Square, 4 Hip Bumps

1 2 Cross R over L, Step back on L
3 4 Step R to right, Touch L next to R
5 6 Hip Bumps R, L
7 8 Hip Bumps, R, L

Great for beginner classes, can be danced to almost any song and goes well with Fireball (Pitbull).

Keep the Dancy Party Going!

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