

Keep That Hunger

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Mairi F McFarlane (SCO)
音樂: I Hope You Dance - Lee Ann Womack



RIGHT TOE, HEEL, CROSS TOE TOUCH, KICK AND COASTER STEP

1-2 Touch right toe to left instep, touch right heel diagonally forward
3-4 (With right toes across left foot) touch right toe to side of left foot, kick right foot
5-6 Step right foot slightly back, step left foot next to right foot
7-8 Step right foot slightly forward, pause

LEFT TOE, HEEL, CROSS TOE TOUCH, KICK AND COASTER STEP

1-2 Touch left toe to right instep, touch left heel diagonally forward
3-4 (With left toes across right foot) touch left toe to side of right foot, kick left foot
5-6 Step left foot slightly back, step right foot next to left foot
7-8 Step left foot slightly forward, pause

RIGHT AND LEFT POINT CROSS, KICK, CROSS, UNWIND & CLAP

1-2 Point right foot to right side, cross step right foot over left
3-4 Point left foot to left side, cross step left foot over right foot
5-6 Kick right foot to right side, cross right foot over left foot
7-8 Unwind ½ turn to left (keeping weight on left), pause (clap)

RIGHT AND LEFT KICK BALL POINT, TOE POINTS, SWITCH AND POINT BALL TOUCH

1&2 Kick right foot forward, step onto ball of right foot, point left foot to left side
3&4 Kick left foot forward, step onto ball of left foot, point right foot to right side
5-6& Point right toe to front, point right toe to right side, step weight onto right foot
7&8 Point left toes to left, step weight onto left, touch right toe to left instep

RIGHT WEAVE WITH ROCK AND SAILOR STEP

1-2 Step right to right side, step left behind right
3-4 Step right to right side, cross left foot over right
5-6 Rock weight onto right, rock weight back onto left
7&8 Swing step right foot behind left, step left to left side, step forward onto right

LEFT WEAVE WITH ROCK AND SAILOR STEP

1&2 Step left to left side, step right behind left
3&4 Step left to left side cross left in front of right
5-6 Rock weight onto left, rock weight back onto right
7&8 Swing step left foot behind right, step right to right side, step forward onto left foot

TOE POINTS AND CROSS SHUFFLES

1-2 Point right toe to right side, pause
3&4 Cross step right foot over left, step left to left side, cross step right foot over left
5-6 Point left toe to left side
7&8 Cross step left foot over right, step right to right side, cross step left foot over right

RONDE', STEP, MAMBO LEFT & RIGHT KICK BALL CHANGE

1-2 For count of four sweep right foot across front of left.....
3-4 On count four weight on to right
5-6 Step left to left side, step right to place, step left to place

7-8 Kick right foot forward, step and rock weight onto right foot, step left in place

REPEAT

BRIDGE:

After 5th wall, dance steps 1-32, then

MAMBO STEP RIGHT, MAMBO STEP LEFT

1&2 Rock right foot to right side, rock weight back into left, cross right over left

3&4 Rock left foot to left side, rock weight back onto right, cross left over right
