Kerbcrawlin'

拍數: 36

級數: Intermediate

編舞者: Brenda Nuttall (UK)

音樂: Girl In A Pick Up Truck - Rick Trevino

JUMP FORWARD & BACK, TOE HITCH & CLAP TWICE

- &1-2 Jump forward right, left and clap
- &3-4 Jump back right, left and clap
- 5-6 Point left toe to left side, hitch left leg and clap
- 7-8 Point left toe to left side, hitch left leg & clap

¾ CAJUN SHUFFLE, BACK LOCK STEP

- 9&10 Cross left in front of right with ¼ turn right, transfer weight to right with ¼ turn right, step back on left with ¼ turn right
- 11&12 Step back right, lock left in front of right, step back left

KICK & JUMP BACK, HIP BUMPS WITH HITCH HIKE THUMBS

- 13&14& Kick left foot forward and jump back left, right (feet apart) and clap
- 15& Leaning to right bump hips right, right with hitch hike thumb (right hand)
- 16& Leaning to left bump hips left, left with hitch hike thumb (left hand)

SIDE MAMBO, FORWARD SHUFFLE, SIDE MAMBO & CROSS

- 17&18 Rock right foot to right side and return weight to left
- 19&20 Shuffle forward left, right, left
- 21&22 Rock right to right, return weight to left, cross right in front of left with weight on right

LEFT KICK BALL CROSS, ¼ TURN WITH REVERSE TOE TAPS

- 23&24 Kick left forward, step weight onto left and cross right in front of left (weight on right)
- 25&26 Tap left toe back, tap toe with 1/8 turn right, tap toe with 1/8 turn right

¼ TURN LEFT WITH REVERSE KNEE/HIP ROLL (TWICE)

- &27 ¼ turn left with knees together while rotating hips to the left at same time knees moving to the left
- &28 ¼ turn left with knees together while rotating hips to the left at same time knees moving to the left

HITCH & SHUFFLE BACK, HITCH ½ TURN FORWARD SHUFFLE

- &29&30 Hitch left and shuffle back left, right, left
- &31&32 Hitch right while turning ½ turn right, shuffle forward right left, right

LEFT ROCK STEP, SHUFFLE ¾ LEFT

- 33-34 Rock forward on left foot and return weight to right
- 35&36 Shuffle ¾ turn left on left, right, left

REPEAT





牆數:4