

Kickin' Asp!

拍數: 0 牆數: 1 級數:
編舞者: Peter Metelnick (UK)
音樂: Rattlesnake Shake - Rick Tippe



Sequence: ABA, B (omit 46-52), A, B (1-32 only), B (omit 46-52), A, B (end with a grind. Shake it!)

PART A

RIGHT SIDE SHUFFLE, ROCK & RECOVER, LEFT SIDE SHUFFLE, ¼ RIGHT AND ROCK & RECOVER

- 1&2 Step right foot to right side, step left foot together, step right foot to right side
3-4 Cross left foot behind right and rock back, recover weight on right foot
5&6 Step left foot to left side, step right foot together, step left foot to left side
7-8 Pivot ¼ right on left foot and rock right foot back, recover weight on left foot

VINE RIGHT & LEFT (GO WILD!)

- 9-12 Step right foot to right side, cross left foot behind right and step, step right foot to right side, touch left foot together and clap
13-16 Step left foot to left side, cross right foot behind left and step, step left foot to left side, touch right foot together and clap

There are many variations you can do for steps 9-16 (roll right & left/vines with triple steps, vines with criss cross steps, "flea hops" etc.)-use your imagination & go wild!!

- 17-64 Repeat the above 16 counts 3 more times (& end up facing the front of the hall)

FORWARD 3, LEFT TOGETHER, SYNCOPATED HOPS BACK

- 65-68 Step right foot forward, step left foot forward, step right foot forward, step left foot together
&69 Hop right foot back, hop left foot back (feet should end up shoulder length apart)
70 Hold & clap
&71 Hop right foot back, hop left foot back (feet should end up shoulder length apart)
72 Hold & clap

RATTLESNAKE SHAKE: BUMP HIPS RIGHT, HOLD FOR 3, BUMP HIPS LEFT, RIGHT, LEFT, HOLD

- 73-76 Bump right hip, hold for 3 counts
77-80 Bump hips left, right, left, hold (or bump hip left again; either way weight ends on left foot)

PART B

Just do what Rick tells ya to do!

ROCK 'N TWIST, SWAY YOUR HIPS

- 1-4 Step right foot to right side and rock, recover weight on left foot, with feet apart swivel heels left, with feet apart swivel heels center ending with weight on right foot
5-8 Sway hips left, right, left, hold-ending with weight on left foot

SPIN RIGHT ON A DIME (& LEFT ON A DIME!)

- 9-12 Step right foot to right side turning ¼ right, step left foot forward turning ½ right, complete full turn to the right, ¼ right on right foot, touch left foot together (clap-optional)
13-16 Step left foot to left side turning ¼ left, step right foot forward turning ½ left, complete full turn to the left, ¼ left on left foot, touch right foot together (clap optional)

Around the world-every boy & girl (4 ¼ left pivot turns)

- 17-24 Step right foot forward, pivot ¼ left on left foot & clap, step right foot forward, pivot ¼ left on left foot, step right foot forward, pivot ¼ left on left foot & clap, step right foot forward, pivot ¼ left on left foot & clap (ending facing front of hall with weight on left foot)

BUMP & GRIND

- 25-32 Step right foot slightly forward on right diagonal and bump hips forward (right) twice, bump hips back bump hips back (left) twice, grind hips twice to the right (for 4 counts)-end with weight on left foot, right forward shuffle, left forward, ½ right pivot turn, left forward shuffle, ½ left pivot turn
- 33&34 Step right foot forward, step left foot together, step right foot forward
- 35-36 Step left foot forward, pivot ½ right
- 37&38 Step left foot forward, step right foot together, step left foot forward
- 39-40 Step right foot forward, pivot ½ left

FORWARD 3, LEFT TOGETHER, SYNCOPATED HOPS BACK

- 41-44 Step right foot forward, step left foot forward, step right foot forward, step left foot together
- &45 Hop right foot back, hop left foot back (feet should end up shoulder length apart)
- 46 Hold & clap
- &47 Hop right foot back, hop left foot back (feet should end up shoulder length apart)
- 48 Hold & clap

BUMP IT! (SHAKE YOUR ASP!)

- 49-52 Bump hips right, left, right, left (weight ends on left foot)

REPEAT
