

Kingston Town

拍數: 32 牆數: 1
編舞者: Glynn Rodgers (UK)
音樂: Kingston Town - UB40

級數: Beginner



WALKS, SHUFFLE, ROCK, SHUFFLE

- 1-2 Walk forward right and left
- 3&4 Shuffle forward right-left-right
- 5-6 Rock forward left, recover weight onto right
- 7&8 Shuffle back left-right-left

Option: counts 7&8 can be replaced with a shuffle ½ turn

SHUFFLE, ROCK, ½ RHUMBA BOX

- 1&2 Shuffle back right-left-right
- 3-4 Rock back left, recover weight onto right
- 5-6 Step left to left side, close right to left
- 7-8 Step left forward, hold

Option: counts 1&2 can be replaced with a shuffle ½ turn if you did so in section 1

½ RHUMBA BOX, VINE, TOUCH

- 1-2 Step right to right side, close left to right
- 3-4 Step back right, hold
- 5-6 Step left to left side, step right behind left
- 7-8 Step left to left side, touch right beside left

Option: counts 5-8 can be replaced with a full rolling vine

VINE, HEEL TWISTS, CLAP

- 1-2 Step right to right side, step left behind right
- 3-4 Step right to right side, step left beside right
- 5-6 Twist both heels left, twist both toes left
- 7&8 Twist both heels left, clap twice

Option: counts 1-4 can be replaced with a roll rolling vine

REPEAT

Option on counts 13-20 (Rhumba box) you can box the person in front of you. E.g. Step to the side, close, step forward passing your partner, hold, step to the side, close, step back passing your partner