

Kneel Hail

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Knox Rhine (USA)
音樂: Female Bonding - Brett James



"CRUISIN"

SIDE, BEHIND, ¼ TURN, STEP:

- 1 Step to the left side with the left foot
- 2 Step across behind the left leg with right foot
- 3 Step ¼ turn left with left foot
- 4 Step forward with the right foot

PIVOT, ¼ TURN, BEHIND, ¼ TURN:

- 5 Pivot ½ turn to the left
- 6 Step forward with a ¼ turn left with right foot
- 7 Step across behind right leg with the left foot
- 8 Step ¼ turn right with right foot

STEP, PIVOT, ¼ TURN, ROCK:

- 9 Step forward with left foot
- 10 Pivot ½ turn to the right
- 11 Step forward with a ¼ turn right with left foot
- 12 Rock to right side, transferring weight to right foot

"HOT TAMALE"

SLAP, SIDE, SLAP, ¼ TURN:

- 13 Lift left foot up behind right leg and slap with right hand
- 14 Step to left side with left foot
- 15 Lift right foot up in front of left leg and slap with left hand
- 16 Swing right foot out to right side with a ¼ turn left and slap with right hand

SHOULDER PUSHES:

- 17 Step to right side with right foot (knees bent) push right shoulder forward starting a slow ¼ turn to left
- 18-24 Stay on balls of both feet and continue pushing right shoulder forward. Straighten legs with weight on left foot after completion of turn

"COWBOY HAND JIVE"

SHUFFLE, ½ TURN, SHUFFLE:

- 25 Step forward with right foot
- & Step together with left foot
- 26 Step forward with right foot
- & Pivot ½ turn to left
- 27 Step forward with left foot
- & Step together with right foot
- 28 Step forward with left foot

¼ TURN, SHUFFLE, ½ TURN, SHUFFLE:

- & Pivot ¼ turn right
- 29 Step forward with right foot
- & Step together with left foot
- 30 Step forward with right foot

& Pivot ½ turn left
31 Step forward with left foot
& Step together with right foot
32 Step forward with left foot

"LINDA LU"

OUT-OUT, IN-IN, OUT-OUT, IN-IN:

& Step (out) back-right with right foot
33 Step (out) back-left with left foot
& Step (in) back-left with right foot
34 Step (in) back-right with left foot
& Step (out) back-right with right foot
35 Step (out) back-left with left foot
& Step (in) back-left with right foot
36 Step (in) back-right with left foot

WIGGLE WALKS, CLAP/TOUCH:

37 Step ¼ turn left with right foot, bump hips to right side
& Relax hip
38 Bump hips to right side
39 Pivot ¼ turn right on ball of right foot
40 Clap/touch left toe next to right foot
41 Step ¼ turn right with left foot, bump hips to left side
& Relax hips
42 Bump hips to left side
43 Pivot ¼ turn left on ball of left foot
44 Clap/touch right toe next to left foot

WIGGLE WALKS, CLAP/TOUCH:

45 Step ¼ turn left with right foot, bump hips to right side
& Relax hips
46 Bump hips to right side
47 Pivot ¼ turn right on ball of right foot
48 Clap/touch left toe next to right foot
49 Step ¼ turn right with left foot, bump hips to left side
& Relax hips
50 Bump hips to left side
51 Pivot ¼ turn left on ball of left foot
52 Clap/touch right toe next to left foot

"CHA-CHA LENGUA"

TOUCH, PIVOT, ½ TURN:

53 Touch left toe forward
54 Pivot ½ turn right on ball of right foot
55 Pivot ¼ turn right on ball of right foot, stepping to left side with left foot
& Pivot ¼ turn right on ball of left foot stepping to right side with right foot
56 Step back with left foot

¼ TURN, IN FRONT, ¼ TURN, ½ TURN:

57 Pivot ¼ turn right on ball of left foot, stepping to right side with right foot
58 Step across in front of right leg with left foot
59 Pivot ¼ turn left on ball of left foot, stepping back with right foot
& Lift left knee, place left foot close to right knee
60 Pivot ½ turn to left on ball of right foot

"PRANCING PONY"

STEP, STEP TOGETHER, PAW, PAW:

- 61 Step forward with left foot
- 62 Place right foot next to left foot
- 63 Reverse scuff with ball of left foot
- 64 Reverse scuff with ball of left foot

REPEAT
