

Lana

拍數: 48 牆數: 2 級數: Improver
編舞者: Millie Scheel
音樂: Lana - Roy Orbison



This dance is dedicated to Dr. Bill Leschey, as he and myself are #1 fans of this great artist

RIGHT FORWARD & BACK (2X), LEFT FORWARD & BACK (2X)

1-4 Right foot at an angle forward & back, directing arms forward & back (2 times)
5-8 Left foot at an angle forward & back, directing arms front forward & back (2 times)

STEP BACK RIGHT-LEFT-RIGHT-LEFT, TWIST RIGHT HEEL, TWIST LEFT HEEL

1-4 Step back with an attitude right-left-right-left
5-6 Twist right heel to right & back
7-8 Twist left heel to left & back

VINE LEFT, VINE RIGHT

1-4 Vine to the right scuff
5-8 Vine to the left scuff

POINT RIGHT, CENTER, POINT LEFT, CENTER

1-2 Point to right side, back to center
3-4 Point to left side, back to center
5-6 Twist left heel to left & back
7-8 Twist right heel to right & back

STEP LOCK RIGHT, STEP LOCK LEFT

1-4 Step right lock step & scuff
5-8 Step left lock step & scuff

PIVOT ¼ TURN LEFT (2X)

1-4 Pivot ¼ turn to left - ¼ turn to left
5-8 Bump hips right-left-right-left

REPEAT

TAG

On 4th wall only, add 4 more hip bumps right-left-right-left
