

Le Spin!

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Elle-Jay (UK)
音樂: The Cup of Life - Ricky Martin



KICK, BALL, TOUCH, TOUCH, TOUCH, TOE, TOE SWITCHES ¼ TURN SAILOR STEP

1&2 Kick forward right, step right beside left, touch left toe to left side
3&4 Touch left twice next to right, step left in place touching right toe to right side
5& Step right beside left, touch left toe to left side
6& Step left beside right, touch right to right side
7&8 Cross right behind left, step left ¼ turn right, step forward right

ROCK STEP, SCOOT HITCH FULL TURN LEFT, ROCK STEP, SHUFFLE FORWARD

9-10 Rock forward on left, rock back on right
&11 Scoot back on right ½ turning left, hitching left knee, step left forward
&12 Scoot forward on left ½ turning left hitching right knee, step right back
13-14 Rock back on left, rock forward on right
15&16 Step forward left, close right beside left, step forward left

HIP BUMPS RIGHT, DIAGONAL SHUFFLE, HIP BUMPS LEFT, DIAGONAL SHUFFLE

17&18 Place ball of right foot forward keep weight on left, bump hips right, left, right
19&20 Shuffle forward diagonal (1:00) right, left, right,
21&22 Place ball of left foot forward keep weight on right, bump hips left, right, left
23&24 Shuffle forward diagonal (11:00) left, right, left

ROCK STEP, TRIPLE STEP ¾ TURN RIGHT, ROCK STEP, COASTER STEP

25-26 Rock forward on right, rock back on left
27&28 Triple step right, left, right, making a ¾ turn right
29-30 Rock forward on left, rock back on right
31&32 Step back left, step right beside left, step forward left

ROCK STEP, TRIPLE STEP ½ TURN RIGHT, FULL TURN RIGHT, SHUFFLE FORWARD

33-34 Rock forward on right, rock back on left
35&36 Triple step right, left, right, making a ½ turn right
37-38 On ball of right ½ turn right step back left, on ball of left ½ turn right, step forward right
39&40 Shuffle forward left, right, left

FOUR ¼ TOUCH TURNS LEFT, ROCK STEPS FORWARD & BACK & ¼ LEFT

41&42& Touch right forward & pivot ¼ turn left, repeat
43&44& Touch right forward & pivot ¼ turn left, repeat
45& Rock forward on right, rock back on left
46& Rock back on right, rock forward on left
47-48 Step forward on right, pivot ¼ turn left

REPEAT