

Let's Partay

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Charlotte Williams (USA)
音樂: Get the Party Started - P!nk



RIGHT VINE WITH LEFT HEEL; BODY ROLL (OPTIONAL) WITH HEELS

1-4 Step right to right, step left behind right, step right to right, tap left heel forward at angle
7-8 Step back on left, tap right heel forward; step back on right, tap left heel forward

LEFT VINE WITH RIGHT HEEL; BODY ROLL (OPTIONAL) WITH HEELS

1-4 Step left to left, step right behind left, step left to left, tap right heel forward at angle
7-8 Step back on right, tap left heel forward; step back on left, tap right heel forward

Variation: instead of body roll with heels do a full turn - step (¼) -heel (3,4); step (¼) - heel (5,6); step (½) - heel (7,8) - turning to right with right vine; turning to left with left vine - or can do hip bumps in place of body roll with heels

RIGHT SHUFFLE FORWARD; LEFT SHUFFLE FORWARD, RIGHT SIDE SHUFFLE, TURN ONE FOURTH (¼) AND LEFT SIDE SHUFFLE

1&2 Step right forward, step ball of left next to right, step right forward
3&4 Step left forward, step ball of right next to left, step left forward
5&6 Step right to right, step ball of left next to right, step right to right
&7&8 Turn ¼ left on ball of right, step left to left, step ball of right next to left, step left to left

HOP FORWARD, HOLD, HOP BACK, HOLD; FOUR QUICK HOPS ("SCOOCH") FORWARD

&1-2 Hop forward: right - left, hold
&3-4 Hop back: right - left, hold
&5&6 Hop forward (scooch): right left; right left
&7&8 Hop forward (scooch): right left; right left

Variation for &5&6&7&8 - "giddy up" steps - ball of right, step left, repeat 3 times

STEP RIGHT, LEFT BEHIND; STEP RIGHT, LEFT BEHIND

1-2 Step right to right, step left behind
3-4 Step right to right, step left behind

TWO ONE-FOURTH (¼) MONTEREY TURNS

1-2 Touch right toe to right, turn ¼ right pulling in right to left and step right next to left
3-4 Touch left to left, step left next to right
5-6 Touch right toe to right, turn ¼ right pulling in right to left and step right next to left
7-8 Touch left to left, step left next to right

STEP RIGHT-SHIMMY, STEP LEFT NEXT TO RIGHT-SHIMMY

1-2 Step right to right with shimmy
3-4 Step left next to right with shimmy

REPEAT
