

Lilo

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Beth Webb (USA)
音樂: Kalimba de luna - Tony Esposito



RONDE, PROGRESSIVE BACKWARD SWIVELS

- 1 (Weight right) Touch left toe forward
- 2-3 Aerial ronde (knee straight)
- 4 Back
- &5 Swivel both heels outward, step back swiveling heels inward
- &6 Swivel both heels outward, step back swiveling heels inward
- &7 Swivel both heels outward, step back swiveling heels inward
- &8 Swivel both heels outward, swivel heels to center

HALF RUMBA BOX, ¼ TURN

- 1-2 (Weight right) Forward (toe turned out), hold
- 3-4 (Turn ¼ to the left) side, together
- 5-6 Side, hold
- 7-8 (Turn ¼ to the left) side, together

TERRACES, ROCK-STEP, BUMP-AND-BUMP

- 1-2 (Weight right) Forward, together (3rd position)
- 3&4 Forward, together (3rd position), forward
- 5-6 Forward, in place (leaving weight centered over feet)

Reach forward to the horizon with your right hand (palm down) on count 5. Begin pulling it back on count 6 (palm up), bring it in to your body on 7-8

- 7&8 Bump left hip back, center hips, bump left hip back

TURNING TOE STRUTS

- 1-2 (Weight left) Touch right toe back (lift right hip), (turn ½ right) step in place
- 3-4 Touch left toe forward (lift left hip), (turn ½ right) step in place
- 5-6 Repeat counts 1-2
- 7-8 Forward (bringing hips forward over left foot), in place (bringing hips back over right foot)

You should now be in extended 3rd position with the right toe pointing diagonally forward to the right.

Optional hands for those 8 counts of turning toe struts:

- 1 Right arm straight up beside your right ear and left arm in front of the body
- 2 Both arms in front of the body
- 3 Right arm straight up beside your right ear and left arm pointing forward
- 4 Both arms in front of body
- 5-6 Same as 3-4
- 7-8 Reach forward to the horizon with your left hand (palm down), return the arm to in front of your body

SWIVELS MOVING FORWARD WITH TOE & HEEL TOUCHES, WEAWE

- 1 (Weight right) Swivel right heel toward front wall and touch left toe forward
- 2 Swivel right toe toward front wall and touch left toe forward
- 3 Swivel right heel toward front wall and touch left heel forward
- 4 Swivel right toe toward front wall and touch left heel forward

Optional arms: on counts 1-4 hold both arms out to the sides

- &5 Back, in front
- &6 Side, in back
- &7 Side, in front

8 Together

TURNING POINT-HITCH-TOUCH

- 1 (Weight left) Touch forward
- 2-3 Aerial ronde with $\frac{1}{4}$ turn right
- On ronde, keep knee bent and toe pointing at floor**
- 4 Touch back
- 5& Kick forward, step in back (3rd position)
- 6& Touch forward, step in front (3rd position)
- 7& Touch together, step in back (3rd position)
- 8 Touch together

REPEAT
