

Locomotion

拍數: 44 牆數: 4 級數: Improver
編舞者: Nancy Morgan (USA)
音樂: The Loco-Motion - Kylie Minogue



STEP, STOMP, KICK-BALL-CHANGE, ¼ TURN WITH TOE TOUCHES

- 1-2 Step left foot forward, stomp right foot next to left
3&4 Kick-ball change - kick right foot forward, step right foot down as you left your left foot, set left foot down
& Lift your knee so that your knee slightly crosses your right
5 Then touch right foot down
&6&7& Repeat this 3 more times (as you do these you will make a ¼ turn to your left)
8 Stomp right foot at an angle towards your right (this is to prepare for the sailor shuffles)

2 SAILOR SHUFFLES

- 1&2 Step left behind right, step right out to right side, step left foot forward
3&4 Step right behind left, step left out to left side, step right foot forward

½ VINE LEFT, JUMP OUT, CLAP, SWING HIPS FROM RIGHT TO LEFT, RIGHT TO LEFT

- 1-2&3-4 Step left foot out and slightly forward, step right behind, jump out quickly - left then right, clap (feet should be shoulder width apart)
5-6-7-8 Swing hips to right, then left, then right, stomp left next to right

2 MONTEREYS

- 1-2-3-4 Put right toe out to right side, swing right foot around ½ turn to right and put right foot next to left, put left toe out to left side, put left foot next to right
5-6-7-8 Put right toe out to right side, swing right foot around ½ turn to right and put right foot next to left, put left toe out to left side, touch left foot next to right

JUMP FORWARD, CLAP, REPEAT, JUMP BACK, CLAP, REPEAT

- &1-2 Hop forward with feet shoulder width apart, hopping left, right, clap
&3-4 Hop forward with feet shoulder width apart, hopping left, right, clap
&5-6 Hop back with feet shoulder width apart, hopping left, right, clap
&7-8 Hop back with feet shoulder width apart, hopping left, right, clap

SIDE SHUFFLE LEFT, ROCK STEP, SIDE SHUFFLE RIGHT, ROCK STEP

- 1&2-3-4 Side shuffle left (left, right, left) rock back on right and forward on left
5&6-7-8 Side shuffle right (right, left, right) rock back on left and forward on right

REPEAT