

Lotta Hurt

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Curtis "Hoss" Marting (USA)
音樂: Whole Lotta Hurt - Brady Seals



DOUBLE KICK, SAILOR SHUFFLE, DOUBLE KICK, SAILOR SHUFFLE WITH ¼ TURN

1-2 Kick right foot forward; kick right foot to right side
3&4 Cross-step right behind left; step left in place; step right in place
5-6 Kick left foot forward; kick left foot to left side
7&8 Turning ¼ left, cross-step right behind left; step left beside right; step right beside left

SYNCOPATED HIP BUMPS

9&10 Stepping diagonally forward on ball of right, bump hips right bending knees slightly, roll hips toward left and back to right (make the letter "C")
&11 Straightening knees, roll hips toward left and back to right
&12 Bending knees slightly, roll hips toward left and back to right (make the letter "C")
13&14 Stepping diagonally forward on ball of left, bump hips right bending knees slightly, roll hips toward left and back to right (make the letter "C")
&15 Straightening knees, roll hips toward left and back to right
&16 Bending knees slightly, roll hips toward left and back to right (make the letter "C")

RIGHT HEEL, HOOK, HEEL, TOUCH, STOMP, "FIRE HYDRANT"

17-18 Touch right heel forward; hook right foot in front of left leg
19-20 Touch right heel forward; touch right toe beside left foot
21 Stomp right foot diagonally forward right
22-24 Placing left hand on inside of left thigh and hitching right leg do ½ turn right by bouncing left heel; step left foot forward on count 24

KICK-BALL-CHANGE, STOMP, CLAP (2X)

25&26 Kick right foot forward; step on right foot; step on left foot
27-28 Look down while stomping right foot forward; clap hands and look forward
29&30 Kick left foot forward; step on left foot; step on right foot
31-32 Look down while stomping left foot forward; clap hands and look forward

REPEAT
