

Lucille

拍數: 48 牆數: 4 級數: Improver
編舞者: Maggie Gallagher (UK)
音樂: Lucille - The Deans



STEP RIGHT, DRAG LEFT, CROSS ROCK, BACK ROCK, CHASSE LEFT WITH ¼ TURN LEFT, STEP RIGHT, ½ PIVOT TURN LEFT

1-2 Step right to right side, drag left to meet right
3-4 Cross rock left in front of right, rock back onto right
5&6 Step left to left side, close right to meet left, step left to left side with ¼ turn left
7-8 Step forward on right, ½ pivot turn left

STEP, KICK, STEP, TOUCH, FUNKY HIPS TWICE, WALKS RIGHT-LEFT-RIGHT

1-2 Step forward on right, kick left foot forward
&3 Step back left, touch right toe in front of left
4-5 Funky: bend knees to lower (sit), straighten knees to stand (up)(weight on left)
6-7-8 Walk right, walk left, walk right

ROCK FORWARD & BACK, BACKWARD SHUFFLE WITH ½ TURN TWICE, ROCK BACK & FORWARD

1-2 Rock forward on left, rock back on right
3&4 Step back on left with ¼ turn left, close right to meet left, step forward on left with ¼ turn left (½ turn left shuffle)
5&6 Step back on right with ¼ turn left, close left to meet right, step back on right with ¼ turn left (½ turn left shuffle)
7-8 Rock back on left, rock forward on right

(STEP, TOE TOUCH) TWICE, JAZZ JUMP BACK, KNEE POPS X 3

1-2 Step left to left side, touch right toe in front of left
3-4 Step right to right side, touch left toe in front of right
&5 Jump back left - right
6-7-8 Knee pop right, knee pop left, knee pop right (weight ends on left)

UP & DOWN FUNKY HIP BUMPS TWICE

1&2&3&4 Step forward diagonal on right bumping right hip up, bump right hip down, bump right hip up again, bump right hip down (ending with weight on right)
5&6&7&8 Step forward diagonal on left bumping left hip up, bump left hip down, bump left hip up again, bump left hip down (ending with weight on left)

(STEP, PIVOT ½ TURN) TWICE, JUMP OUT, JUMP IN, JUMP OUT, CLAP

1-2 Step forward right, make ½ pivot turn left
3-4 Step forward right, make ½ pivot turn left
&5 Jump out right to right side, jump out left to left side
&6 Jump in right to center, jump in left to center
&7 Jump out right to right side, jump out left to left side
8 Clap hands together at face height (weight on left)

REPEAT