

Madelaina Smoothie

拍數: 32 牆數: 2 級數: Improver
編舞者: Nathan Easey (UK)
音樂: Madaleina - Redfern & Crookes



ROCK STEP, ¼ TURN WITH HIP BUMPS, TURNING WEAVE WITH ½ TURN & SIDE SHUFFLE

- 1-2 Rock step right foot forward on right diagonal, recover weight onto left foot
- 3-4 Step right foot ¼ turn right and bump hips to right twice
- 5-6 Step left foot across right, step right foot back into ¼ turn left
- 7&8 Turn a further ¼ turn left & step left foot to left side, close right foot beside left, step left foot to left side

TURNING WEAVE WITH ½ TURN & SIDE SHUFFLE, TOUCH-HOLD, TURN & HEEL BOUNCES

- 9-10 Step right foot across left, step left foot back into ¼ turn right
- 11&12 Turn a further ¼ turn right & step right foot to right side, close left foot beside right, step right foot to right
- 13-14 Touch left foot to left side, hold
- 15-16 Make ¼ turn left on balls of feet and bounce left heel twice (weight ends on left)

SLOW PRISSY WALKS FORWARD, WALK FORWARD

- 17-18 Step right foot forward across the left, angling body to left (take two counts to step)
- 19-20 Step left foot forward across right, angling body to right (take two counts to step)
- 21-24 Walk forward right, left, right (with sassy hips!), hold and click fingers at shoulder level

ROCK STEP, BACK LOCK STEP, TOUCH ½ TURN (MONTEREY), FORWARD LOCK STEP

- 25-26 Rock step left foot forward, recover weight onto right foot
- 27&28 Step left foot back, lock right foot across left, step left foot back
- 29 Touch right foot to right side
- 30 Make ½ turn right on ball of left foot bringing right foot beside left & taking weight (as in Monterey turn)
- 31&32 Step left foot forward, lock right foot behind left, step left foot forward

REPEAT
