

Makin' Steam

拍數: 64 牆數: 4 級數: Advanced
編舞者: Lori Cole
音樂: Steam - Ty Herndon



- 1-2 Full turn to the right on right foot. Bring right arm over head and down to side as you do the turn
- 3& Make an x with your right hand (on 3 go from upper right to lower left, on & go from upper left to lower right, snap each time)
- 4 Bring left index finger to lips
- 5 Wrap right arm around front of waist, look down to left
- 6 Wrap left arm over right across waist, look down to right
- 7&8 Squat slightly & lean a little to the left. Shake hands out 3 times, turn feet out, in, out
-
- 1 Squat slightly more towards left, bring arms down to sides with hands flexed
- 2 Stand up straight on right foot, lift left foot with left leg straight
- 3&4 Sailor shuffle (left, right, left) with a ¼ turn to left
- 5-8 Walk forward, with attitude, right, left, right, left with hands at sides
-
- 1-2 With feet shoulder with or so apart, lean to right & roll back up
- 3-4 Stick hips out to left, roll them down & snap up to the right
- &5&6 Snap hips left, right, left, right
- &7 Snap hips left, right. On 7 stick right hand out to side
- 8 Step left foot across right (to make a ¼ turn to right), place left hand over right
-
- 1-2 Bring elbows to sides, hands in fists, swing butt out to make a wide ¼ turn to right
- 3-4 Step left foot forward & repeat ¼ turn
- 5 Step forward on left foot
- 6 Point right foot out to side
- 7 Step forward on right foot, bring left hand up to forehead
- 8 Point left foot out to side, drag right hand across forehead & shake out (as though wiping off sweat)
-
- 1 Center your weight, drop left hand to side, bring right hand to mouth
- 2 Stick right hand out, flexed (like you're signaling someone to stop), look to right
- & Bring right arm over head (try to touch left ear with right hand) look forward
- 3 Bring left hand up to cover right
- 4 Stick hips out to right
- 5-6 Drop left hand to side, swing hips down & up to left, bring right hand around back of head to under chin
- 7-8 Swing hips down & up to right, swing right hand out to side
-
- 1&2 Lean slightly to right & bounce down 3 times. Shake hands out on 2
- 3&4 Lean slightly to left & bounce down 3 times. Shake hands out on 4
- 5 Twist from waist up (keep hands in "out" position) to left
- 6 Twist from waist up (keep hands in "out" position) to right
- 7&8 Do a full turn traveling turn to left
-
- &1 Step forward right, left
- 2 Slap hands down onto front of hips
- 3&4 Shake hips right, left, right

- 5-6 Walk forward right, left (with hands at sides)
7&8 Step forward on right, back on left, lift right knee & do a ¼ turn to right
- 1 Place hands back on front of hips, step forward on right
&2 Slide feet together, slide feet apart (right in front of left)
& Slide right foot back to center, lift left foot
3 Slide right foot back, place left in front
& Turn ¼ to right, while sliding feet together
4 Turn ¼ to right while sliding right foot to front, left to back
& Bring left elbow up, left fist close to chest, lift left foot
5 Place left foot to the side & punch left fist across chest diagonally down
&6 Bring left fist back up, punch again
7-8 Drop left hand to side, bring right hand to forehead & wipe sweat again

REPEAT
