

Memphis Style

拍數: 48 牆數: 4 級數:
編舞者: Martin Moser (USA)
音樂: Memphis Women & Chicken - T. Graham Brown



TOE POINTS, SWITCHES & SLIDE TAPS FORWARD

- 1& Point right toe forward, bring right foot back
- 2& Point left toe forward, bring left foot back
- 3& Point right toe forward, bring right foot back
- 4 Point left toe forward
- 5&6 Bounce left heel on floor, slide right foot forward, tap left foot forward
- 7&8 Repeat 5&6

SLIDE TAPS FORWARD, BODY ROLL & LEG LIFT ¼ TURN

- 1&2 Bounce left heel on floor, slide right foot forward, tap left foot forward
 - 3-4 Forward body roll
 - 5-8 Lift left leg up in the air about hip height and turn ¼ to the right on right foot
- Option: slap your leg or hip on count 8

CROSS STEPS, SAILOR SHUFFLE & COASTER SHUFFLE

- 1-2 Cross left foot over right foot, step right foot to the right
- 3&4 Step left foot behind right foot, step right foot to right, step left foot to left
- 5-6 Cross right foot over left foot, ¼ turn right while stepping back on left foot
- 7&8 Step back on right foot, step together with left foot, step right foot forward

BOOGIE WALK FORWARD, FOOT SCISSORS BACKWARD

- 1-2 Walk forward on left foot while twisting to the right, walk forward on right foot while twisting to the left
- 3-4 Repeat 1-2
- &5 Turn both heels out, turn both heels in
- &6 Turn both heels out while picking up right foot, while stepping back on right foot turn both heels in
- &7 Turn both heels out while picking up left foot, while stepping back on left foot turn both heels in
- &8 Turn both heels out while picking up right foot, while stepping back on right foot turn both heels in

STEPS SLIDES WITH SHOULDER RAISES (SHAKES)

- 1-2 Step left foot to the left, slide right foot next to the left foot
- 3&4 Raise right shoulder up, raise left shoulder up, raise right shoulder up
- 5-6 Step right foot to the right, slide left foot next to the right foot
- 7&8 Raise left shoulder up, raise right shoulder up, raise left shoulder up to make shoulders even

TOE POINTS WITH CROSSOVER STEPS, LEG LIFT ¼ TURN

- 1-2 Point right toe to the right, cross & step right foot over left foot
 - 3-4 Point left toe to the left, cross & step left foot over right foot
 - 5-8 Lift right leg up in the air about hip height and turn ¼ to the left on left foot
- Option: slap your leg or hip on count 8

REPEAT