

# 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