

Menace

拍數: 48 牆數: 2 級數:
編舞者: Michael John Jr.
音樂: Fast As You - Dwight Yoakam



TOE HEEL, CHA-CHA-CHA

- 1 Tap right toe forward and inward bending right knee
- 2 Tap right heel forward
- 3&4 Cha-cha-cha in place right, left, right
- 5 Tap left toe forward and inward bending left knee
- 6 Tap left heel forward
- 7&8 Cha-cha-cha in place left, right, left

CHARLESTON STEPS

- 9 Step forward on right foot
- 10 Kick (or hitch) left
- 11 Step back on left
- 12 Touch right toe back
- 13 Step forward on right foot
- 14 Kick (or hitch) left
- 15 Step back on left
- 16 Touch right toe back

KICK-TOUCH, CROSS, UNWIND, REPEAT

- 17&18 Kick right foot forward, step right in place while touching left toe to left side
- 19 Cross left over right
- 20 Unwind $\frac{1}{2}$ turn over right shoulder
- 21&22 Kick right foot forward, step right in place while touching left toe to left side
- 23 Cross left over right
- 24 Unwind $\frac{1}{2}$ turn over right shoulder

SHIMMIES

- 25 Step right
- 26-27 Shimmy shoulders (2 counts)
- 28 Step left next to right
- 29 Step right
- 30-31 Shimmy shoulders (2 counts)
- 32 Step left next to right

ROLLING VINE TO LEFT

- 33 Step on left making $\frac{1}{4}$ turn to left
- 34 Step on right making $\frac{1}{4}$ turn left
- 35 Step on left making $\frac{1}{2}$ turn over left shoulder
- 36 Touch right next to left

OUT, CROSS, OUT, CROSS

- 37 Jump both feet apart
- 38 Jump both feet crossing right over left
- 39 Jump both feet apart
- 40 Jump both feet cross left over right

SHUFFLES, PIVOT TURN, STOMP, STOMP

- 41&42 Shuffle forward on right, left, right
- 43&44 Shuffle forward on left, right, left
- 45 Step forward on right foot
- 46 Pivot ½ turn over left shoulder
- 47 Stomp right foot forward
- 48 Stomp left foot forward.

REPEAT
