

Microwaved

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Randy Powell, Charlette Bozman & Holly Susan (Boots) Groeschel (USA)
音樂: Don't You Just Know It - Microwave Dave & The Nukes



KICK, KICK, COASTER STEP, BODY ROLLS

- 1 Kick right foot forward (12:00) (about 6" off floor)
- 2 Kick right foot to right side (3:00) (about 6" off floor)
- 3 Step back with right foot
- & Step together with left foot next to right foot
- 4 Step forward with right foot
- 5-6 Body roll (roll body forward/weight on right)
- 7-8 Body roll (roll body backward/weight on left)

FIGURE FOUR, PIVOT TURN, ROCK STEP

- & Bend right knee, lifting right foot off of floor
- 9 Turn right knee in, bring knee across in front of left leg
- 10 Turn right knee out allowing right foot to cross over left shin (movement should be smooth and fluid)
- 11 Sweep (hook) right foot around behind left leg
- 12 Turn right ½ turn on ball of left foot & step forward onto right foot
- 13 Step forward with left foot
- 14 Pivot ½ turn right on ball of right foot, place weight on right foot
- 15 Rock forward onto left foot
- 16 Rock back onto right foot

KICK, KICK COASTER STEP, BODY ROLLS

- 17 Kick left foot forward (12:00) (about 6" off floor)
- 18 Kick left foot to left side (9:00) (about 6" off floor)
- 19 Step back with left foot
- & Step together with right foot next to left foot
- 20 Step forward with left foot
- 21-22 Body roll (roll body forward/weight on left foot)
- 23-24 Body roll (roll body backward/weight on right foot)

FIGURE FOUR, PIVOT TURN, ROCK STEP

- & Bend left knee, lifting left foot off of floor
- 25 Turn left knee in, bring knee across in front of right leg
- 26 Turn left knee out allowing left foot to cross over right shin (movement should be smooth and fluid)
- 27 Sweep (hook) left foot around behind right leg
- 28 Turn left ½ turn on ball of right foot & step forward onto left foot
- 29 Step forward with right foot
- 30 Pivot ½ turn left on ball of left foot, place weight on left foot
- 31 Rock forward onto right foot
- 32 Rock back onto left foot

CROSS OVER, SIDE TRIPLE, FULL TURN, TOUCH, KICK

- 33 Step across in front of left leg with right foot
- 34 Lift left foot up next to right knee
- 35 Step to left side with left foot

- & Place right foot next to left foot
- 36 Step to left side with left foot
- 37-38 Sweep (hook) right foot around behind left leg, make full turn to the right (face front/weight on right foot)
- 39 Touch left toe to left side
- 40 Flick kick left foot to left side (9:00)

CROSS OVER, SIDE TRIPLE, FULL TURN, TOUCH, KICK/TURN

- 41 Step across in front of right leg with left foot
- 42 Lift right foot up next to left knee
- 43 Step to right side with right foot
- & Place left foot next to right foot
- 44 Step to right side with right foot
- 45-46 Sweep (hook) left foot around behind right leg, make full turn to the left (face front/weight on left foot)
- 47 Touch right toe to right side
- 48 Flick kick $\frac{1}{4}$ turn left with right foot (face 9:00)

REPEAT
