

Migra

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Bryan McWherter (USA)
音樂: Unknown



KICK, STEP, KICK, STEP, LONG SLIDE, LOCK

1& Kick right foot forward, step right foot back home
2& Kick left foot forward, step left foot back home
3-4 Long step right forward, lock your left foot behind your right

TOUCH & TOUCH, & TOUCH, CLAP, CLAP

5& Touch right toe out to right side, step right foot back home,
6& Touch left toe out to left side, step left foot back home
7&8 Touch right toe out to right side, clap, clap

Be sure to hold your toe out to the side when you clap.

KICK, STEP, KICK, STEP, LONG SLIDE, LOCK

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2& Kick left foot forward, step left foot back home
3-4 Long step right forward, lock your left foot behind your right

TOUCH & TOUCH, & TOUCH, CLAP, CLAP

5& Touch right toe out to right side, step right foot back home,
6& Touch left toe out to left side, step left foot back home
7&8 Touch right toe out to right side, clap, clap

Be sure to hold your toe out to the side when you clap.

STEP, CROSS BEHIND, STEP, CROSS IN-FRONT, STEP, CROSS BEHIND, STEP

1-2 Step right foot to right side, cross left foot behind right
&3 Step right foot to right side, cross left foot in-front of right
&4& Step right foot to right side, cross left foot behind right, step right foot to right side

Over emphasize these steps, make it look & feel like an Irish jig

STEP, CROSS BEHIND, STEP, CROSS IN-FRONT, STEP, CROSS BEHIND, ¼ TURN STEP

5-6 Step left foot to left side, cross right foot behind left
&7 Step left foot to left side, cross right foot in-front of left
&8& Step left foot to left side, cross right foot behind left, step left foot ¼ turn to left side

Over emphasize these steps, make it look & feel like an Irish jig.

STEP ½ TURN, STEP ¼ TURN, TUNING JAZZ BOX, HOP, HOP

1-2 Step right foot forward, make ½ turn to your left pivoting on the ball of your left foot
3-4 Step right foot forward, make a ¼ turn to your left pivoting on the ball of your left foot
5-7 Cross right foot over left, step left foot back ¼ turn to the right, step right foot next to left
&8 With both feet together hop twice progressing forward slightly.

STEP, CROSS BEHIND, STEP, CROSS IN-FRONT, STEP, CROSS BEHIND, STEP, STEP, BUMP, BUMP, CLAP, CLAP

1-2 Step right foot to right side, cross left foot behind right
&3 Step right foot to right side, cross left foot in-front of right
&4 Step right foot to right side, cross left foot behind right
&5 Step right foot to right side, step left foot forward slightly at an angle outward

Over emphasize these steps, make it look & feel like an Irish jig

6-7 Bump left hip forward, bump right hip back
&8 Clap hands, clap hands

STEP, CROSS BEHIND, STEP, CROSS IN-FRONT, STEP, CROSS BEHIND, STEP, STEP, BUMP, BUMP, CLAP, CLAP

1-2 Step left foot to left side, cross right foot behind left
&3 Step left foot to left side, cross right foot in-front of left
&4 Step left foot to left side, cross right foot behind left
&5 Step left foot to left side, step right foot forward slightly at an angle outward

Over emphasize these steps, make it look & feel like an Irish jig

6-7 Bump right hip forward, bump left hip back
&8 Clap hands, clap hands

KICK, STEP, KICK, STEP, STEP ½ TURN, KICK, STEP, KICK, STEP, STEP ½ TURN

1& Kick right foot forward, step right foot back home
2& Kick left foot forward, step left foot back home
3-4 Step right foot forward, make ½ turn to left pivoting on ball of left foot
5& Kick right foot forward, step right foot back home
6& Kick left foot forward, step left foot back home
7-8 Step right foot forward, make ½ turn to left pivoting on ball of left foot

TURNING JAZZ BOX, TURNING JAZZ BOX, HOP, HOP

1-4 Cross right foot over left, step left foot back ¼ turn to the right, step right foot next to left, step left foot next to right
5-7 Cross right foot over left, step left foot back, step right foot next to left
&8 With both feet together hop twice progressing forward slightly.

REPEAT
