

Monday Itis

拍數: 64 牆數: 0 級數:
編舞者: Simon Ward (AUS) & Justine Shuttleworth (AUS)
音樂: Except for Monday - Lorrie Morgan



- 1-2 Step forward on right, step forward on left
3-4 Step forward on right, pivot ¼ turn left
5-6 Step forward on right, pivot ¼ turn left
7-8 Stomp right beside left, stomp left beside right
- 9-12 Vine right-left-right turning ¼ turn right, slap left behind right with right hand
&13 Step back on left, touch right heel forward
&14 Step back on right, touch left heel forward
15-16 Raise & slap outside of left foot with left hand, step left next to right
- 17-20 Step right to side, hold, step left behind right, hold
21-24 Step right to side, hold, step left beside right, hold
- 25-28 Step forward on right heel, slap right toe down, step forward on left heel, slap left toe down
29-32 Jump forward on both feet, hold, click both heels twice
- 33-36 Touch right heel forward, hop on left turning ¼ turn right hitching right knee, repeat
37-40 Step forward on right heel, slap right toe down, step forward on left heel, slap left toe down
- 41-42 Step onto right crossing over left, step back on left
43-44 Step right to right side (feet shoulder width apart), hold
55-46 Step onto left crossing over right, step back on right
47-48 Step left to left side (feet shoulder width apart), hold
- 49-50 Twist heels right, twist heels left
51-52 Twist heels right, twist heels left turning ¼ turn right taking weight onto left foot
53-54 Scuff ball of right foot back, scuff right heel forward
55-56 Scoot forward on left hitching right knee, step forward on right
- 57-58 Step forward on left slightly turning body to right with left hand on left thigh, hold
59-60 Repeat on right foot
61& Step forward on left, step right beside left
62& Step forward on left, step right beside left
63-64 Step forward on left, jump both feet together

REPEAT
