

Move Over Madonna

拍數: 32 牆數: 2 級數:
編舞者: Lisa C. Tuttle (USA)
音樂: Move Over Madonna - Confederate Railroad



HEEL TOUCHES, GRAPEVINE RIGHT, TOUCH

- 1-2 With weight on left, touch right heel forward; step right foot beside left
- 3-4 With weight on right, touch left heel forward; step left foot beside right
- 5-6 Step right foot to right (2nd position); cross left foot behind right
- 7-8 Step right foot to right (2nd position); touch left foot beside right (no weight)

GRAPEVINE LEFT, STEP

- 9-10 Step left foot to left (2nd position); cross right foot behind left
- 11-12 Step left foot to left (2nd position); step right foot beside left, slightly apart, with weight on both feet

HIP BUMPS, HIP ROLLS

- 13&14 Bump hips to the left
- 15&16 Bump hips to the right
- 17-20 Two hip rolls to the left, ending with weight on left

SHOULDER SHIMMEYS WITH ROCK STEPS

- 21 Step right foot forward, and rock weight forward, shimmy shoulders at the same time
- 22 Shift weight back onto left, still shimmying shoulders
- 23 Step right foot back, and rock weight back, continuing to shimmy shoulders
- 24 Shift weight back onto left

PIVOTS OR PADDLE TURNS (TO MAKE ½ TURN)

- 25-26 Step right foot slightly across, in front of left; pivot on balls of feet 1/6 turn
- 27-28 Step right foot slightly across, in front of left; pivot on balls of feet 1/6 turn
- 29-30 Step right foot slightly across, in front of left; pivot on balls of feet 1/6 turn
- 31-32 Stomp right foot beside left; clap hands

REPEAT
