

New Slam Dance II

拍數: 28 牆數: 4 級數: Beginner
編舞者: Nancy Morgan (USA)
音樂: C'mon N' Ride It (The Train) - Quad City DJ's



STEP, TOGETHER, STEP RIGHT, SLIDE LEFT, STEP TOGETHER, STEP LEFT, SLIDE LEFT

- 1-2 Put right foot out to right side, put right next to left
- 3-4 Put right foot out to right side (large step), slide left next to right
- 5-6 Put left foot out to left side, put left foot next to right
- 7-8 Put left foot out to left side (large step), slide right next to left

SLIDE TO RIGHT, SLIDE TO LEFT, ROLL HIPS FULL CIRCLE TWICE

- 1-2 Step right foot out to right side, slide left foot to right foot
- 3-4 Step left foot out to left side, slide right foot to left foot
- 5-6 Roll hips from left to right, full circle
- 7-8 Roll hips from left to right, full circle

HEEL, HEEL, TOE IN, TOE IN, HEEL, HEEL, TOE IN, TOE IN

- 1&2 Put right heel forward, quickly put right next to left and put left heel forward
- &3 Quickly put left next to right and put right toes in towards left instep
- &4 Quickly put left next to right and put left toes in towards right instep
- &5&6 Quickly put left next to right and put right heel forward, quickly put right next to left and put left heel forward
- &7 Quickly put left next to right and put right toes in towards left instep
- &8& Quickly put left next to right and put left toes in towards right instep, quickly put left next to right

TAP TOE THREE TIMES AS YOU TURN ¼ TURN TO LEFT, STOMP RIGHT

- 1-4 Bring right knee up into a hitch position and hop on left heel three times as you turn ¼ turn to your left, stomp right next to left

Option: for those last 4 counts, you could roll hips twice for four counts with ending weight on right

REPEAT
