

On The Edge

拍數: 56 牆數: 2 級數: Improver
編舞者: Kris Spratt (UK)
音樂: She Does - The Mavericks



SMALL STEPS & HIP BUMPS

- 1-2 Small step forward on right foot and push the hips to the right twice
- 3-4 Small step forward on left foot and push the hips to the left twice
- 5-6 Small step back on the left foot and push the hips back to the left twice
- 7-8 Small step back on the right foot and push the hips back to the right twice

These steps are quite tricky to begin with. But if you keep the weight on the right foot over the first 5 steps and then on the second bump, exchange the weight to the left foot.

ROCK AND SHUFFLE

- 9-10 Rock forward onto the right foot, step weight back onto left foot
- 11&12 Right shuffle in place; right, left, right
- 13-14 Rock to left side on left foot, step weight back onto right foot
- 15&16 Left shuffle in place; left, right, left

ROCK AND SHUFFLE

- 17-18 Rock to right side on right foot, step weight back onto left foot
- 19&20 Right shuffle in place; right, left, right
- 21-22 Rock back on left foot, step weight back forward onto right foot
- 23&24 Left shuffle in place; left, right, left

RIGHT WEAVE, SLIDE AND CLAP

- 25 Step right foot to right side
- 26 Cross left foot behind right
- 27 Step right foot to right side
- 28 Cross left foot in front of right
- 29 Step right foot out to right side
- 30-31 Slide left foot up to meet right foot over two counts
- &32 Touch left foot next to right and clap hands twice at chest height

LEFT WEAVE, SLIDE AND CLAP

- 33 Step left foot to right side
- 34 Cross right foot behind right
- 35 Step left foot to right side
- 36 Cross right foot in front of right
- 37 Step left foot out to right side
- 38-39 Slide right foot up to meet left foot over two counts
- &40 Touch right foot next to right and clap hands twice at chest height

RIGHT KICK-BALL-CHANGE, ½ PIVOT, RIGHT KICK-BALL-CHANGE, ¼ PIVOT

- 41 Kick right foot forward
- & Step right foot next to left foot and lift left heel from the floor
- 42 Lower left heel and lift right heel from the floor
- 43 Step forward on the right foot
- 44 ½ pivot left on the balls of both feet
- 45 Kick right foot forward
- & Step right foot next to left foot and lift left heel from the floor

- 46 Lower left heel and lift right heel from the floor
- 47 Step forward on the right foot
- 48 $\frac{1}{4}$ pivot left on the balls of both feet

CAMEL WALKS FORWARD

- 49 Step forward on right foot
- 50 Slide left foot up to meet the right foot
- 51 Step forward on right foot
- 52 Scuff right foot forward
- 53 Step forward on left foot
- 54 Slide right foot up to meet the left foot
- 55 Step forward on left foot
- 56 Scuff right foot forward

JUMP FORWARD & BACK WITH CLAPS, POINT FORWARD & TOGETHER, $\frac{1}{4}$ TURN RIGHT

- &57 Jump forward on right foot then left
- &58 Clap hands twice at chest height
- &59 Jump back on right foot then left
- &60 Clap hands twice at chest height
- 61 Point right toe forward
- 62 Touch right toe next to left foot
- 63 $\frac{1}{4}$ pivot right on the balls of both feet
- 64 Hold for one count with the weight on the left foot

REPEAT
