

# Orvar

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Thomas Blixt-Hansson (SWE)  
音樂: Lipstick, Powder and Paint - Shakin' Stevens



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## RIGHT TOE STRUT, LEFT TOE STRUT, ¼ TURN LEFT, CLAP, ¼ TURN LEFT, CLAP

1-2      Step forward on right toe, drop heel taking weight  
3-4      Step forward on left toe, drop heel taking weight  
5-6      Turn ¼ to the left and step right foot back, clap hands  
7-8      Turn ¼ to the left and step left foot forward, clap hands

## RIGHT ROCKING CHAIR, WALK FORWARD 3 STEPS, CLAP

1-2      Rock/step forward on right foot, recover onto left foot  
3-4      Rock/step back on right foot, recover onto left foot  
5-8      Step forward right, left, right, clap hands

## LEFT TOE STRUT, RIGHT TOE STRUT, LEFT ROCKING CHAIR

1-2      Step forward on left toe, drop heel taking weight  
3-4      Step forward on right toe, drop heel taking weight  
5-6      Rock/step forward on left foot, recover onto right foot  
7-8      Rock/step back on left foot, recover onto right foot

## STOMP, CLAP, STOMP, CLAP, WALK FORWARD 3 STEPS, CLAP

1-2      Stomp left foot forward, clap hands  
3-4      Stomp right foot forward, clap hands  
5-8      Step forward left, right, left, clap hands

**REPEAT**

**Last Update - 19 Sep 2023**

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