

Our Dance

拍數: 32 牆數: 4 級數: Improver
編舞者: Nancy Franklin (USA) & Carlene Silva (USA)
音樂: Six Days On the Road - Sawyer Brown



HEEL TAPS (POINTING RIGHT THUMB), KNEE LIFT

- 1 Tap right heel forward pointing toes slightly to the left (point right thumb to left if front of body)
- 2 Tap right heel forward at a 45 degree angle pointing toes slightly to the right (point thumb to right)
- 3 Tap right heel forward pointing toes straight up (point thumb straight up)
- 4 Lift right knee (point right thumb over right shoulder)

STEP BACK, TOUCH, STEP FORWARD, BRUSH

- 5-6 Step back on right, touch left toe back
- 7-8 Step forward on left, brush right forward

STEP RIGHT, SLIDE, TOUCH, CLAP, STEP LEFT, SLIDE, TOUCH, CLAP

- 9-10 Step right forward at 45 degree angle to the right (body is still facing forward), slide left foot beside right
- 11-12 Touch left toe beside right foot, clap
- 13-14 Step left forward at 45 degree angle to the left (body is still facing forward), slide right foot beside left
- 15-16 Touch right toe beside left foot, clap

TOE, HEEL, TOE, HEEL WALK BACK, ¼ TURN RIGHT, HEEL TOE WALK FORWARD

- 17-18 Step back on ball of right foot, drop right heel
- 19-20 Step back on ball of left foot, drop left heel

Optional: Finger snaps on counts 18 and 20

- 21-22 Step back on ball of right foot, turn ¼ turn right on ball of right foot dropping right heel
- 23-24 Step forward on left heel, drop left toe

SHOULDER 'PUMPS' TO RIGHT AND LEFT (SHOULDER 'PUMPS' ARE A CONTINUOUS MOTION)

Lean and shift weight to right on counts 25-28

- 25 Step right foot to right dropping right shoulder and lifting left shoulder
- &26 Drop left shoulder/lift right, drop right shoulder/lift left
- &27&28 Repeat counts &26 two more times

Lean and shift weight to left on counts 29-32

- &29&30 Continue shoulder 'pumps' to left.
- &31&32 Continue shoulder 'pumps' to left. End with wright on left, shoulders level

During shoulder 'pumps', hands make fists in front of waist, moving up and down with shoulder movement

REPEAT