

The Penguin

拍數: 40 牆數: 2 級數: Intermediate
編舞者: Roy East (UK)
音樂: From Where I Stand - Suzy Bogguss



HIP BUMPS

- 1-2 Bump hips to left twice
- 3-4 Bump hips to right twice
- 5-6 Bump hips to left, bump hips to right
- 7-8 Repeat counts 5-6

VINE LEFT WITH STOMP, CLAP TWICE, STOMP LEFT-RIGHT

- 1-2 Step left foot to left, cross step right foot behind left foot
- 3-4 Step left foot to left, stomp right foot next to left foot
- 5-6 Hold and clap hands twice
- 7-8 Stomp left foot in place, stomp right foot in place

CLAP TWICE, STOMP RIGHT-LEFT, VINE RIGHT WITH STOMP

- 1-2 Hold and clap hands twice
- 3-4 Stomp right foot in place, stomp left foot in place
- 5-6 Step right foot to right, cross step left foot behind right foot
- 7-8 Step right foot to right, stomp left foot next to right foot

ROCKING CHAIR

- 1-2 Step forward on right foot, rock back onto left foot
- 3-4 Step back on right foot, rock forward onto left foot

½ TURN TO THE LEFT IN FOUR 1/8 PADDLE TURNS

- 1-2 Step right foot small step to right, rock onto left foot making 1/8 turn to the left

This can be small jumps one foot to the other as you turn

- 3-4 Repeat 1-2 (completing ¼ turn)
- 5-6 Repeat 1-2
- 7-8 Repeat 1-2 completing ½ turn (now facing opposite starting position)

STOMPS AND CLAPS

- 1-2 Stomp right foot next to left foot, stomp left foot next to right foot
- 3-4 Hold and clap hands twice

REPEAT
