

Perth Push

拍數: 24 牆數: 0 級數:
編舞者: Cindy Truelove (AUS)
音樂: All Shook Up - Billy Joel



RIGHT VINE WITH HEEL SLAPS

- 1 Step right to right side
- 2 Cross step left behind right
- 3 Step right to right side
- 4 Cross (hook) left in front of right knee, slapping heel with right hand.

- 5 Swing left out to left side, slapping heel with left hand.
- 6 Swing left behind right knee, slapping heel with right hand.
- 7 Take long step to left side
- 8 Slide right (no weight) to beside left
- & Raising right off floor, begin to step forward

HIP PUSHES (BUMPS)

- 9-10 Stepping slightly forward on right, push hips forward twice.
- 11-12 Shifting weight to left, push hips back twice
- 13-14 Stepping back on right, push hips back twice
- 15-16 Shifting weight to left, push hips forward twice

KICK CROSS (ANKLE LOCK), BEND & STRAIGHTEN

- 17 Kick right straight forward
- 18 Cross right over left (ankle lock-feet together, weight even).
- 19 Bend knees
- 20 Straighten knees (shift weight to right)

KICK CROSS, BEND, ½ TURN

- 21 Bringing left forward from lock, kick left straight forward
- 22 Cross left over right (ankle lock-feet together, weight even).
- 23 Bend knees
- 24 Straightening knees, unwind ½ turn right on balls of both feet (shift weight to left).

REPEAT
