Phloor Philla



拍數: 48 牆數: 4 級數: Intermediate

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音樂: Floor Filler - A*Teens



Dedicated to Dollie Marie Abey Stevens (April 20, 1952 - July 25, 2004)

KICK, HITCH, STEP, SQUAT 2X, KICK BALL SQUAT 2X

1&2 Kick right foot forward, hitch right knee, step right foot slightly behind left 3&4& Sit into slight squatting position, stand, sit into slight squatting position, stand

5&6 Kick right foot forward, step right foot into place, step left foot slightly forward and drop into a

slight squatting position facing 45 degrees to the right

7&8 Kick right foot forward, step right foot into place, step left foot slightly forward and drop into a

slight squatting position facing 45 degrees to the right

TOUCHES, SWIVELS, 1/4 TURN, LONG STEP, TOUCH

1&2& Touch right toe forward, step right foot into place, touch left toe out to left side, step left foot

into place

3&4 Touch right toe out to right side, step right foot into place, touch left toe out to left side

Weight on balls of both feet swivel heels right, center, right (making a ¼ turn to left) putting

weight on it

7-8 Long step left foot forward, drag and touch right toe next to left

VINES WITH SHOULDERS

VINE RIGHT:

1-4 Grapevine to right

Shoulders right option

1& Lift left shoulder up and drop right shoulder down, lift right shoulder up and drop left shoulder

2& Repeat counts 1&3& Repeat counts 1&

4 Lift left shoulder up and drop right shoulder down

VINE LEFT:

5-8 Grapevine to left

Shoulders left option

5& Lift right shoulder up and drop left shoulder down, lift left shoulder up and drop right shoulder

6& Repeat counts 5& Repeat counts 5&

8 Lift right shoulder up and drop left shoulder down

BACKWARD MASHED POTATOES, TOUCH, KICK BALL CROSS, LONG STEP, TOUCH

&1 Lift right foot slightly off floor and turn both toes in/heels out, step back onto right foot as you

turn both toes out/heels in

Lift left foot slightly off floor and turn both toes in/heels out, step back onto left foot as you

turn both toes out/heels in

Lift right foot slightly off floor and turn both toes in/heels out, step back onto right foot as you

turn both toes out/heels in

4 Touch left toe next to right foot

5&6 Kick left foot out at an angle to the left, step left foot slightly back, cross step right foot over

left

7-8 Long step left foot out to left side, drag and touch right toe next to left

STOMP, HOLD, STOMP, HOLD WITH HAND MOVEMENTS

1-4 Step right foot slightly forward, extending right arm in front of body

As if telling someone to stop on 1

2-3-4 Hold pose

5 Step left foot slightly forward, extending left arm in front of body using full hand palm up to

motion for someone to give you something (or to bring it on.)

6-7-8 Hold (foot pose) with hand motions

GALLOP WITH RIGHT ARM MOVEMENTS

&1 Gallop in place starting with your right foot while bringing right fist to a center chest position,

gallop in place starting with your left foot while punching right fist up in the air straight above

your head

&2 Gallop in place starting with your right foot while bringing right fist to a center chest position,

gallop in place starting with your left foot while punching right fist down to right at 45 degree

angle

&3 Repeat &1

&4 Gallop in place starting with your right foot while bringing right fist to a center chest position,

gallop in place starting with your left foot while punching right fist down across body to the left

at 45 degree angle

&5-8 Repeat &1-4 above

REPEAT

RESTART

Restart after count 32 on walls 1 and 7