

Retro-Active

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Barry Amato (USA)
音樂: Fifty-Fifty - Keith Stegall



FIRST 8 COUNTS:

- 1 Stomp left foot forward
- 2 Clap
- 3 Step right foot forward
- 4 Pivot $\frac{1}{2}$ turn to left on ball of right foot
- 5 Step left foot forward
- 6 Slide right foot forward to the left foot and put all your weight on the right foot
- 7 Step forward on left foot
- 8 Pivot $\frac{3}{4}$ turn to left on ball of left foot

SECOND 8 COUNTS:

- 1 Touch right foot out to the right
- & Push off of the right foot as you pivot a $\frac{1}{4}$ turn to right on ball of the left foot (now facing original direction)
- 2 Touch right foot out to the right
- 3 Clap
- & Step (hop) on right foot (bringing it next to left foot)
- 4 Touch left foot out to the left
- 5 Clap
- & Step (hop) on left foot (bringing it next to right foot)
- 6 Touch right foot out to the right
- & Step (hop) on right foot (bringing it next to left foot)
- 7 Touch left foot out to the left
- & Step (hop) on left foot (bringing it next to right foot)
- 8 Touch right foot out to the right

THIRD 8 COUNTS:

- 1 Cross right foot in front of left and step down
- 2 Kick left foot to left side
- 3 Cross left foot in front of right and step down
- 4 Step back on right foot
- 5 Step on left foot $\frac{1}{4}$ turn to left (beginning a 3-step turn)
- 6 Continue $\frac{1}{2}$ turn to left onto the right foot
- 7 Continue $\frac{1}{2}$ turn to left onto the left foot (1 $\frac{1}{4}$ turn total -- facing new wall)
- 8 Clap

FOURTH 8 COUNTS:

- 1 Knee bounce in place (raise heels from floor, then lower them)
- 2 Knee bounce in place
- & Step right foot to right
- 3 Cross left foot in front of right and step down
- 4 Step out to right on right foot, placing weight on both feet
- 5 Knee bounce in place
- 6 Knee bounce in place
- & Step right foot to right
- 7 Cross left foot in front of right and step down

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Step out to right on right foot, placing weight on both feet

REPEAT
