

Rex The Robot

拍數: 40 牆數: 4 級數: Intermediate
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音樂: Rex the Robot - Scooter Lee



HEEL SWITCHES, SWIVEL, STEP RIGHT, STEP LEFT, SIDE-TOGETHER-SIDE

- 1&2 Touch right heel forward, step right next to left, touch left heel forward
&3 Step left next to right, touch right toe forward
&4 Swivel heels right, swivel heels center
5-6 Step right to side, step left to side
7&8 Step right to right side, step left together, step right to right side

Optional movements: on each count of 5, 6, 7 & 8, bend arms at elbows at a right angle and raise to shoulder height, drop slightly after each count

- 9-16 Repeat counts 1-8 on opposite foot

STEP FORWARD RIGHT, HOLD ¼, HOLD (WITH COMPULSORY HAND MOVEMENTS AS SEEN BELOW)

- 17 Step right foot forward with left hand raised as above (i.e. Elbow bent at a right angle, shoulder height, head turn ¼ to left)
18 Hold
19 Raise right arm as above looking forward (dropping left)
20 Make a ¼ turn to the left, leaving right arm bent for the full ¼ turn, head, body and arm all turn together.
21 Bring right hand down and left up, as above, turning head to left
22 Hold
23 Bring left hand down and right up as above, turn head forward
24 Hold

Option: starting from right to left on floor, every other person start at counts 21-24 and end with counts 17-20

RIGHT VINE, RIGHT ARM EXTENDED TO RIGHT AND TOUCHES NEXT PERSON'S SHOULDER, LEFT SIDE SHUFFLE, RIGHT ROCK AND STEP

- 25-26 Step right foot to right side, cross left behind right foot
27-28 Step right foot to right side, touch left next to right
Option: extend right arm to right side, touching neighbor's shoulder during counts 25-28
29&30 Step left foot to left side, step right foot together, step left to left side
31&32 Rock right foot behind left, step left foot in place, step right next to left

STEP FORWARD LEFT ¼ TURN RIGHT TWICE, KICK, OUT-OUT, IN-IN, CLAP

- 33-34 Step forward left, make ¼ turn right
35-36 Repeat steps 33-34
37-38 Kick left foot forward, step left foot to left side, step right foot to right side
30-40 Step left foot in, step right foot together, clap

REPEAT