

Rockin' Clap

拍數: 64 牆數: 4 級數:
編舞者: Lois Sturgeon (AUS)
音樂: Baby Once I Get You - Scooter Lee



- 1-2 On ball of right (weight left) twist right heel to left & forward, bending left knee twist right heel right
- 3-4 On ball of right foot (weight left) twist right heel left & forward step right in place bending left knee
- 5-6 On ball of left (weight right) twist left heel to right & forward, bending right knee twist left heel left
- 7-8 On ball of left foot (weight right) twist left heel right & forward step left in place bending right knee
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- 1 On ball of right foot (weight on left) twist right heel to left & forward
- 2 Step onto right in place bending left knee
- 3 On ball of left foot (weight on right) twist left heel to right & forward
- 4 Step onto left in place bending right knee
- 5-6 Jump back on right, jump back left (feet parallel & shoulders width apart)
- 7-8 Twist heels towards each other, twist heels out
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- 1-2 Step back right turning ¼ right, tap left next to right clapping once
- 3-4 Step left forward turning ¼ left (to face original wall), tap right next to left clapping once
- 5-6 Step forward right, turning ¼ left, tap left next to right clapping once
- 7&8 Step left back turning ¼ right (to face original wall), tap right next to left clapping twice
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- 1-8 Repeat last 8 beats
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- 1&2 Step right heel to right side, step on right toe, step ball of left foot behind right (body faces front)
- 3&4-5&6 Repeat last 2 beats twice
- 7&8 Step right heel to right side drop right toe, scuff left next to right
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- 1&2 Step left heel to left side, step on left toe, step ball of right foot behind left (body faces front)
- 3&4-5&6 Repeat last 2 beats twice
- 7&8 Step left heel to left side drop left toe, scuff right next to left turning ¼ left
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- 1-2 Step ball of right across left, step down on right heel
- 3-4 Step left back, step right to right side (feet shoulders width apart & parallel)
- 5-6 Step ball of left across right, step down on left heel
- 7-8 Step right back, step left to left side (feet shoulders width apart & parallel)
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- 1-2 Step ball of right forward at 45 degrees right, step right heel down
- 3-4 Step ball of left forward at 45 degrees left, step left heel down
- 5-6 Step right back, step left back next to right
- 7-8 Jump forward on right, jump forward left (feet shoulders width apart & parallel)

REPEAT