

Shaggin' The Moon

COPPER KNOB
BY STEPHEN

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Bill Morgan (USA)
音樂: Dancin', Shaggin' On the Boulevard - Alabama



Sequence: (When dancing to the Alabama song) ABA ABA ABA ABA AAA

PART A: "THE MAIN EVENT"

KICK TO SIDE, CIRCLE BEHIND, SIDE STEPS, HIP BUMPS

- 1-2 Kick right toe to right side, circle back and cross behind left foot in circular motion keeping right toe in contact with floor (stretch upper body skyward as you point right toe down to create a long extended look)
- 3&4 Step right foot crossed behind left foot, step left foot to left, step right foot crossed over left foot
- 5-6 Step left foot large step to left side, drag and touch right toe together with left foot
- 7-8 Bump hips right, left

HIP BUMPS, STEP, SAILOR SHUFFLES (3X)

- 1&2 Step right foot tiny step diagonally forward to right and bump hips, bump hips back home, step right foot diagonally forward to right
- 3&4 With swaying, leaning motion: step left foot behind right foot, step right foot to right, step left foot forward
- 5&6 With swaying, leaning motion: step right foot behind left foot, step left foot to left, step right foot forward
- 7&8 With swaying, leaning motion: step left foot behind right foot, step right foot to right, step left foot forward

"SHAGGIN" SEQUENCE

- 1&2 Step right foot forward, step left foot forward beside right foot (shoulder width), step right foot back
- 3&4 Step left foot back and bump hips left, bump hips right, bump hips left
- 5-6 Step back on right foot, step back on left foot
- &7 Step back on right foot, step left foot crossed over right foot
- 8 Touch right toe to right side

JAZZ ¼ TURN RIGHT, PIVOT TURNS WITH HEEL DROPS (3X FOR ½ TURN TOTAL)

- 1-2 Step right foot crossed over left foot, step back on left foot directly behind right foot
- 3 Pivot ¼ turn to right on ball of left foot and step right foot forward
- 4-5 Step left foot forward, step right foot crossed over left foot (feet fairly close together)
- &6 With feet in place and slight crouch: raise both heels and pivot left, drop heels to floor
- &7 Turn again as in "&6"
- &8 Turn again as in "&6" completing ½ turn to left

REPEAT

PART B:

SWAY HIPS

- 1-4& Sway hips left-right-left-right-left (weight now on left foot)