

She Cat

拍數: 52 牆數: 4 級數: Intermediate
編舞者: Gloria Johnson (USA)
音樂: Mama Don't Get Dressed Up For Nothing (Dance Mix) - Brooks & Dunn



DIAGONAL STEP N BUMP

- 1 Step right foot forward at 45 degree angle to the right
 - 2 Bump hips forward and to the right
 - 3 Step left foot forward at 45 degree angle to the left
 - 4 Bump hips forward and to the left
- 5-8 Repeat steps 1-4

WALK BACK, KICK

- 9-11 Walk back on right, left, right
- 12 Kick left foot forward

WALK FORWARD, SPIN, KICK

- 13-15 Walk forward on left, right, left
- 16 Spin ½ turn to the left on ball of left foot and kick right foot forward

WALK BACK

- 17-20 Walk back on right, left, right, left

SHUFFLE N CIRCLE ¾ TURN TO THE LEFT

- 21&22 Shuffle left, right, left traveling in a ¼ turn to the left
- 23&24 Shuffle right, left, right traveling in a ¼ turn to the left
- 25&26 Shuffle left, right, left traveling in a ¼ turn to the left
- 27&28 Shuffle in place on right, left, right

KICK-BALL-CHANGE

- 29&30 Kick-ball-change starting on the left foot
- 31&32 Kick-ball-change starting on the left foot

ROLLING VINE LEFT

- 33 Step left foot to left beginning turn to the left
- 34 Swing right foot around and continue turn to the left
- 35 Swing left foot around and step down finishing full turn to the left
- 36 Touch right foot next to left

KICK-BALL-CHANGE

- 37&38 Kick-ball-change starting on right foot
- 39&40 Kick-ball-change starting on right foot

ROLLING VINE RIGHT

- 41 Step right foot to right beginning turn to the right
- 42 Swing left foot around and continue turn to the right
- 43 Swing right foot around and step down finishing full turn to the right
- 44 Touch left foot next to right

SWIVEL HEELS

- 45 Swivel heels to the left

- 46 Hold one beat
- 47 Swivel heels to the right
- 48 Hold one beat
- 49-52 Swivel heels to the left, right, left, right

REPEAT
