

Slam

拍數: 24 牆數: 4 級數: Beginner
編舞者: Unknown
音樂: Cotton Eye Joe - Rednex



FORWARD WALK, HITCH & CLAP

- 1 Step forward on right
- 2 Step forward on left
- 3 Step forward on right
- 4 Weight on right, hitch (lift) left knee & clap

REVERSE WALK

- 5 Step back on left
- 6 Step back on right

COASTER STEP

- 7 Step back on left
- & Step together with right
- 8 Step forward on left

FORWARD WALK, STOMP

- 9 Step forward on right
- 10 Step forward on left
- 11 Step forward on right
- 12 Stomp left (no weight) beside right

TOE TOUCH, ¼ TURN

- 13 Touch left toe out to left side
- 14 Stomp left (no weight) beside right
- 15 Making ¼ turn left, step on left
- 16 Stomp right (no weight) beside left

¼ TURN, HIP BUMPS & THRUSTS

- 17 Making ¼ turn right, step on right
- 18 Stomp left beside right (feet slightly apart, weight even)
- 19 Shifting weight to right, bump hips right (3:00)
- 20 Shifting weight even, bump hips back (6:00)
- 21 Shifting weight to left, bump hips left (9:00)
- 22 Shifting weight even, thrust hips forward (12:00)
- & Weight even, reaching arms forward, thrust hips back
- 23 Weight even, pulling arms back, thrust hips forward
- & Weight even, thrust hips back
- 24 Weight even, thrust hips forward
- & Weight even, thrust hips back, shifting weight to left, pivoting on ball of left, make ¼ turn and begin again.

REPEAT