

Smooth

拍數: 40
編舞者: Unknown
音樂: Unknown

牆數: 0

級數:



1-8 Forward right shuffle, forward left shuffle, toe strut right, toe strut left (clicking fingers on struts)

9-16 Right jazz box with $\frac{1}{4}$ turn to right side, repeat (make a $\frac{1}{2}$ turn in total)

17-24 Step right foot to right side, cross left foot behind, step out on right, step out on left (feet should be shoulder length apart) 4 hip bumps (right, left, right, left)

For hip bumps you can use arms - both arms out to the sides shoulder height for 1st bump, cross both arms above head (slightly behind head) so that hands touch opposite elbows, for 2nd bump, unfold arms slowly behind head then bringing them down body for last 2 bumps

25-32 Repeat steps 3 going to left side (bumps should start to left side first and same arm movements)

33-36 Right grapevine with $\frac{1}{4}$ turn to right side

37-40 Point right toe out to right side, cross right foot over left, repeat steps 6 with left

REPEAT
