

# Spin Around

拍數: 32      牆數: 0      級數:  
編舞者: Nicky Capper  
音樂: Hands Up - Zig & Zag



## APPLEJACK, TOUCH OUT 3/4 TURN RIGHT HOLD

1            Take weight on right toe and left heel, swivel right heel and left toe to left  
&            Bring both feet back in place  
2            Take weight on left toe and right heel, swivel left heel and right toe to right  
&            Bring both feet back in place  
3-4         Repeat steps 1-2

5            Touch right foot to right side  
6            Pivot a 3/4 turn turning on ball of left foot  
7            Step forward on right foot  
8            Step forward on left

## FORWARD BACK STEP ELECTRIC JUMPS

9            Touch right foot  
&            Step right foot back in place  
10          Touch left foot back  
&            Step forward on left foot  
11-12       Repeat steps 9-11

13          Jump back on right foot  
&            Touch right foot forward  
14          Jump both feet back in place  
15          Jump back on left foot  
&            Touch right foot forward  
16          Jump both feet back in place

## STEP TURN STOMP, STOMP KNEE DROP FULL TURN

17          Step forward on right foot  
18          Pivot a 1/4 turn right  
19          Stomp right foot in place  
20          Stomp left foot in place  
  
21          Bend left knee down to the ground and drop right knee  
22          Jump back in place  
23          Pivot a full turn right  
&            Touch right foot in place  
24          Slap right knee with left hand

## SIDE & SIDE LEFT SIDE & SIDE SAILOR STEPS WITH A 1/4 TURN

25          Step right foot to right side  
&            Step left foot in place  
26          Step right foot to right side  
&            Touch left foot in place  
27          Step left foot to left side  
&            Step right foot in place  
28          Step left foot to left side

- & Touch right foot in place
- 29 Cross right foot behind left
- & Step left foot to left side
- 30 Step right foot forward
- 31 Cross left foot behind right foot
- & Step right foot to right side and make a  $\frac{1}{4}$  turn left
- 32 Jump both feet forward

**REPEAT**

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