

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
