

Spin City

拍數: 48 牆數: 4 級數:
編舞者: Holly Ruschman (USA) & Bernie Ruschman
音樂: Living in a House Full of Love - Gary Allan



STOMPS & TURNS

- 1 Stomp right foot forward
- 2-4 Push off on right foot and turn $\frac{1}{2}$ to the right on ball of left foot
- 5 Stomp left foot forward
- 6-8 Push off on left foot and turn $\frac{1}{2}$ to the left on ball of right foot

CLAPS AND SLAPS

- 9 Step back on right foot
- 10 Clap
- 11 Step back on left foot
- 12 Clap
- 13 Slap right thigh with right hand
- 14 Slap left thigh with left hand
- 15-16 Clap hands twice

TWIST & TURN

- 17 Twist heels left
- 18 Twist heels right turning $\frac{1}{4}$ left
- 19-20 Stomp right foot twice

KNEE BOPS

- 21 Raise right knee
- 22 Touch right toe to floor
- 23 Raise right knee
- 24 Touch right toe to floor
- 25 Raise right knee & turn $\frac{1}{4}$ left
- 26 Touch right toe to floor
- 27 Raise right knee
- 28 Stomp right foot (put weight on right)

BACK TURN TO left

- 29 Step left foot slightly to left
- 30 Step right foot in place
- 31 Spin $\frac{1}{4}$ left on ball of right foot
- 32 Hold and clap

STEP HOLD, SPIN CLAP & SWAY

- 33 Step to right side on right foot
- 34 Hold and clap
- 35 Spin $\frac{1}{2}$ to right on ball of right
- 36 Step down on left foot and clap
- 37-40 Sway or twis hips right-left-right-left
- 41 Step to the right on right foot
- 42 Hold and clap
- 43 Spin $\frac{1}{2}$ to the left on ball of right
- 44 Step down on left and clap

45-48

Sway or twist hips right-left-right-left

REPEAT
