

# 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**

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