

Steam

拍數: 36 牆數: 0 級數:
編舞者: Unknown
音樂: Steam - East 17



- 1&2 Cross right foot over left, step back on left, step right next to left
3&4 Cross left foot over right, step back on right, step left next to right
- 5&6 Scuff right foot through and up into a hitch, scoot forward on left, place right foot down
7&8 Touch left heel forward, touch left toe back, touch left heel forward
- 9-10 Step left foot out to left side while 'swooping' hips up to left, 'swoop' hips to right
11-12 Cross left foot over right, unwind a full turn to the right
- 13 Step back onto left
14&15&16 Bump hips back (push right shoulder up and left shoulder down), forward (push left shoulder up and right shoulder down), back (push right shoulder up and left shoulder down), forward (push left shoulder up and right shoulder down), back (push right shoulder up and left shoulder down)
- So really you are shimmying your whole body while leaning back.**
- 17&18 Jump both feet apart, jump right over left, jump both feet apart
&19 Jump ¼ turn to the left, landing on left with right hitched next to left, touch right foot to right side
20 Pause for 1 beat
- &21 Step left next to right on the '&' beat, step right to right
&22&23&24 Touch left toe to right heel, swivel both heels in, out, in, out, in
- &25 Jump to the left on right foot with left leg hitched next to right, step left foot to left side
26 Pause for 1 beat
- 27-28 Bend forward leaning to the left then swoop top half of body down and round to the right and straighten up
- 29&30 Rock forward on right, in place with left, rock back on right
&31-32 Rock in place with left, touch right foot forward, push hips forward and up, shifting weight onto right foot
- 33&34 Rock forward on left, in place with right, rock back on left
&35-36 Rock in place with right, touch left foot forward, push hips forward and up, shifting weight onto left foot

REPEAT

This is a very 'funky' dance, so put lots of upper body movement into it, and think you are on "Top Of The Pops"!