Stephanie's Dance



拍數: 20 牆數: 4 級數: Beginner

編舞者: Stephanie (WLS)

音樂: Like a Prayer - Mad'House



RIGHT ROCK AND COASTER STEP

12 Right rock forward, rock back onto left

3&4 Right back coaster step

LEFT ROCK AND COASTER STEP

12 Left rock forward, rock back onto right

3&4 Left back coaster step

RIGHT SIDE BEHIND AND HEEL JACK CROSS

12 Right to side, left step behind

3&4 Right step back placing left heel forward

5&6 Step left and cross over with right

LEFT SIDE BEHIND AND HEEL JACK CROSS

12 Left to side, right step behind

3&4 Left step back placing right heel forward

5&6 Step right and cross over with left

RIGHT QUARTER PIVOT AND KNEE POPS

12 Step right and pivot ¼ turning right (weight on right foot)

34 Knee pops left and right

QUARTER PIVOTS.

Step right and ¼ pivot Step right and ¼ pivot

REPEAT

Section 5 pivot and knee pops can be changed to 1/4 pivot and body roll

This dance was Choreographed by two 11-year-old girls in my class. We all thought they did very well and everyone has learnt it. Congratulations to them both. A very good first attempt. We hope they do many more.

-- From all at D.J's Boots & Blisters Llanelli