

Stoked!

拍數: 32 牆數: 4 級數: Improver
編舞者: Chris Hookie (USA) - February 1993
音樂: Strokin' - Clarence Carter



- 1 Right foot touch to the side
 - 2 Right foot cross in front of left foot
 - 3 Make a ½ pivot turn to the left on the balls of the feet
 - 4 Touch right toes center
 - 5 Right foot step back and make a ¼ turn right
 - 6 Left foot touch center
 - 7 Left foot step to the side and make a ½ turn to the left
 - 8 Touch right foot center
-
- 1 Right foot step to the side
 - & Left foot step behind right foot
 - 2 Right foot step to the side
 - 3 Left foot step over right foot and make a ¼ pivot turn right
 - 4 Pivot ½ turn to the right on the balls of the feet and shift weight to right foot
 - 5 Left foot step forward
 - 6 Right foot lock step behind left foot
 - 7 Left foot step forward
 - 8 Scoot forward on left foot
-
- 1 Right foot step to the side and shimmy hips: move hips right
 - & Move hips left
 - 2 Move hips right
 - & Make a ¼ turn to the right
 - 3&4 Left foot kick-ball-touch
 - 5 Right foot step to the side and shimmy hips: move hips right
 - & Move hips left
 - 6 Move hips right
 - & Make a ¼ turn to the right
 - 7&8 Left foot kick-ball-touch
-
- 1 Right foot touch to the side
 - 2 Right foot step across left foot and make a ½ pivot turn left and transfer weight to right foot
 - 3&4 Left foot back-ball-change
 - 5 Right foot step forward
 - 6 Left foot lock step behind right foot
 - 7 Right foot step forward and start a ½ turn to the right
 - 8 Complete ½ turn to the right - stomp left foot center - shift weight to left foot

REPEAT