Sunchyme

級數: Improver

編舞者: Stevie B

拍數: 32

音樂: Sunchyme - Dario G

"BA-DUMP" RIGHT, CLAP, "BA-DUMP" LEFT, CLAP

- Jump to right with right foot &
- 1-2 Follow with left foot jumping right on, clap
- &3-4 Repeat ba-dump to left, starting with left foot, then right. Clap.

MINI "BA-DUMPS" RIGHT, CLAP

- &5 Make a small jump right leading with right, followed by left
- &6 Repeat mini ba-dump right
- &7-8 Repeat mini-ba-dump right, clap

"BA-DUMP" LEFT, CLAP, "BA-DUMP" RIGHT, CLAP

1-4 Repeat all of section 1 above but to the left (left-right-clap) then to the right (right-left-clap)

MINI "BA-DUMPS" RIGHT, CLAP

5-8 Repeat all of section 2 above, but to the left (left-right-left-right-left-right-clap)

"BENDY MAN ROLLS" RIGHT & LEFT

This move is basically a grapevine roll but with the knees bent, and the body bending forward. The arms are extended to the sides with the index fingers pointing outwards, to give a really "whirling" feel to this move.

- Step on right foot beginning to turn right. Step on left foot facing opposite wall. Step on right 1-4 foot continuing to turn. Touch left foot beside right, facing original front wall.
- 5-8 Repeat above roll to the left, stepping left-right-left, touch right. (finish facing front wall.)

HIGH-KICKING CHARLESTON WITH ¼-TURN LEFT

1-4 Step forward on right foot. High kick left foot forward.

(Styling option: Raise both hands high as you kick.)

Step down on left foot making a ¼-turn to the left. Touch right toe next to left. 3-4

ONE-AND-A-HALF ROLLING TURN RIGHT

1-4 On ball of right foot make a ¹/₂-turn right. On ball of left foot make another ¹/₂-turn right. On ball of right foot make another 1/2-turn right. Stomp left foot next to right. (you are now facing your original right wall).

REPEAT





牆數:4