

Surf's Up

拍數: 20 牆數: 4 級數: Beginner
編舞者: "Rodeo" Ruth Lambden (UK)
音樂: Surf Medley - Junior Brown



SURF & SWIM

- 1 Step forward on right leg
- 2-4 Bend the knees, arms out to sides (to keep your balance) and surf for 3 counts
- 5 Step right foot back in place
- 6-8 Keeping knees slightly bent, take arms up to "breaststroke position" & swim for 3 counts

JUMP CLAP - JUMP, ¼ TURN CLAP

- 9 Jump slightly forward on both feet
- 10 Clap
- 11 Jump with both feet turning ¼ to left
- 12 Clap

STRUT, STRUT

- 13 Take right heel to touch floor in front
- 14 Slap right toes down, taking weight on to right foot
- 15 Take left heel to touch floor in front
- 16 Slap left toes down, taking weight on to left foot

KICK, CROSS, ½ TURN

- 17 Kick right foot forward
- 18 Cross right foot over left, evenly balance the weight
- 19-20 Turn ½ around to left

REPEAT
