

Swamp Thing

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Stuart Robertson (NZ)
音樂: Swamp Thing - The Grid



JUMP APART, JUMP-CROSS, UNWIND ½, TOGETHER

- 1 Jump feet apart
- 2 Jump together crossing the right foot over the left
- 3 On balls of both feet, unwind to the left ½ turn
- 4 Close the left foot beside the right

MARCH FORWARD THREE, TOGETHER

- 5 Step forward right
- 6 Step forward left
- 7 Step forward right
- 8 Close the left beside the right (a military style march, or a touch of attitude)

JUMP APART, JUMP-CROSS, UNWIND ½, TOGETHER

- 9 Jump feet apart
- 10 Jump together crossing the right foot over the left
- 11 On balls of both feet, unwind to the left ½ turn
- 12 Close the left foot beside the right

MARCH FORWARD THREE, TOGETHER

- 13 Step forward right
- 14 Step forward left
- 15 Step forward right
- 16 Close the left beside the right (a military style march, or a touch of attitude)

STOMP, FANS, STOMP, FANS

- 17 Stomp right foot in front, toe pointing to the left (with right hand on right knee)
- 18 Fan right foot right
- 19 Fan right foot left
- 20 Fan right foot right (change weight from right to left with a jump)
- 21 Stomp left foot in front, toe pointing to the right (with left hand on left knee)
- 22 Fan left foot left
- 23 Fan left foot right
- 24 Fan left foot left

SIDE, SLAP, SIDE, SLAP

- 25 Step to the left
- 26 Slap right heel behind left knee with left hand
- 27 Step to the right
- 28 Slap left heel behind right knee with right hand

STOMPS APART, THIGH SLAPS

- 29 Stomp left to the left
- 30 Stomp right to the right (feet should be slightly apart)
- 31 While lifting left knee, slap right thigh with right hand outward
- 32 Slap right thigh towards the left (yelling "yeehaa" on 31 and 32)

SIDE, TOGETHER, HEEL SPLITS

- 33 Step to the right
- 34 Step left close to right
- 35 Split heels apart
- 36 Bring heels together

SIDE, TOGETHER, HEEL SPLITS

- 33 Step to the left
- 34 Step right close to left
- 35 Split heels apart
- 36 Bring heels together

GRAPEVINE RIGHT, HITCH, WITH SLAPS AND CLAP

- 41 Step right on right foot (slap the palms of both hands across respective thighs in an outward direction)
- 42 Cross left foot behind right foot (slap hands back in together)
- 43 Step right on right foot and clap
- 44 Hitch left foot and clap

GRAPEVINE LEFT, HITCH, WITH SLAPS AND CLAPS

- 45 Step left on left foot (slap the palms of both hands across respective thighs in an outward direction)
- 46 Cross right foot behind left foot (slap hands back in together)
- 47 Step left on left foot and clap
- 48 Hitch right foot beside left foot and clap

DIAGONAL BACK, TOGETHER, DIAGONAL BACK, TOGETHER

- 49 Step back on the right at 45 degrees
- 50 Step together with the left and clap
- 51 Step back on the left at 45 degrees
- 52 Step together with the right and clap

DIAGONAL BACK, TOGETHER, DIAGONAL BACK, CROSS

- 53 Step back on the right at 45 degrees
- 54 Step together with left and clap
- 55 Step back on the left at 45 degrees
- 56 Step right back behind left and clap

SLIDE, LOCK, SLIDE, SCUFF

- 57 Slide forward on the left
- 58 Lock right foot up behind left
- 59 Slide left foot forward
- 60 Scuff right foot forward

JAZZ BOX WITH ¼ TURN

- 61 Cross right over left turning ¼ left
- 62 Step back onto left
- 63 Step right to side
- 64 Close left to right

REPEAT
