

# T\*\*\* & A\*\*

拍數: 32      牆數: 4      級數: Improver  
編舞者: Livio (IT)  
音樂: Freeek! - George Michael



Start with feet together, head down. When the noise which either sounds like a door opening or a cat being stood on happens. Look up! Start with Lyrics

- 1            Right toe touch right, look right  
&            Right toe touch next to left, stay looking right  
2            Step right forward, look forward ("got")  
3            Left toe touch left, look left  
&            Left toe touch next to right, stay looking left  
4            Step left forward, look forward ("body")
- 5&           Right step side, bump hips right, left  
6            Bump hips right as you slap right hip with left hand  
7&           Bump hips left, right  
8            Bump hips left as you slap right hip with right hand (so now both you have both hands on right hip right on top of left)
- 9-10           Roll hips to the left as you move your hands (in same position) round to your groin area
- Arms out to side and shimmy shoulders as fast as you can as you do steps 11-14**
- 11           Right step forward shimmying  
12           Left step forward shimmying  
13           Right step forward shimmying  
14           Left step forward shimmying
- 15-18           Roll 'butt' to the left 4 times
- &19           Jump forward right, left  
20           Clap
- 21&22           Right side shuffle  
23&24           Left side shuffle with a ¼ turn left  
25&26           Right side shuffle  
27&28           Left side shuffle
- 29           Kick right foot forward as you place right hand on right part of chest  
&           Kick right foot out to right side  
30           Right foot step together as you place left hand on left part of chest  
31-32           Keeping hands where they are rotate elbows twice

**REPEAT**