

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