

Thermalmoves

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Lola, Lola - Ricky Martin



KNEE AND TOE SWING, TOE TOUCH, CROSS-BALL-CROSS

- 1-2 Swing left knee to left as you touch left toe slightly to left (both bent knee and toe should be pointing at left wall). Turn body back toward front wall and touch left toe out to left side
- 3&4 Cross left foot over right foot, step to right on ball of right foot, cross left foot over right foot

STEP, TOUCH, TOE SWING WITH TURN, TOE TOUCH

- 5-6 Take a large step to the right on the right foot. Drag left foot and touch left toe next to right foot
- 7-8 Swing left toe in a to the left circular motion to left as you turn ¼ wall to the left. Touch left toe in home position next to right foot

STEP, LOCK STEP, STEP, STEP RIGHT, STEP LEFT

- 9&10 Step left foot forward, slide right foot behind left foot in lock position, step left foot forward
- 11-12 Step forward on right foot. Step left foot forward even with right foot only shoulder width apart

HIP ROTATIONS (1 ½, ½)

- 13-16 Starting at the left using 3 counts do a 1 ½ hip rotation (to the right) (hips will end up on the right side), bump hips back to the left on count 16. (you may use circular motion to the left for this last bump). Weight will end up on left foot

COASTER STEP, FORWARD SHUFFLE

- 17&18 Step back on right foot, step left back next to right foot, step forward on right foot
- 19&20 Shuffle forward left, right, left

STEP, PIVOT, ROCK-STEP, STEP

- 21-22 Step forward on right foot, pivot ½ wall to left shifting weight to left foot
- 23&24 Rock forward on right foot, recover on left foot, step right foot next to left foot

KICK, STEP, ROCK-STEP, KICK STEP, ROCK-STEP

- 25&26& Kick left foot forward, step left foot in home position, rock behind left foot on right foot, recover weight back to left foot
- 27&28& Kick right foot forward, step right foot to home position, rock behind right foot on left foot, recover weight back to right foot

STEP LEFT, STEP RIGHT, HEEL SWIVELS

- 29-30 Step forward on left foot, step forward on right foot next to left foot (feet should be touching)
- &31&32 Bending knees and coming up on toes, swivel heels to the right, bring heels back down to home position, bending knees and going up on toes, swivel heels to left, bring heels back down to home position (concentrating weight on right foot)

REPEAT