

Thumper

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Andrew Chalk (UK)
音樂: Draggin' My Heart Around - Travis Tritt



Start with both feet shoulder apart

- 1-4 Lift and drop right heel four times
5-8 Lift and drop left heel four times
9-10 Touch right heel forward and replace beside left
11-12 Touch left heel forward and replace beside right
13-14 Touch right heel forward, hook right heel in front of left knee
15-16 Touch right heel forward, place right foot beside left foot
17-18 Touch left heel forward, hook left heel in front of right knee
19-20 Touch left heel forward, place left foot beside right foot
- 21-24 Swivel heels, right, left, right, then return to center
25-26 Touch right heel forward, place right foot beside left foot
27-28 Touch left heel forward, place left beside right foot
29-30 Split both out and return to center
31-32 Touch right toe out to right side, place right foot beside left foot
33-34 Touch left toe out to left side, place left foot beside right foot
- 35-36 Jump both feet apart (shoulder with apart).hold for one beat
37-38 Jump both feet together, hold for one beat
39-40 Jump both feet apart and together
41& Kick right foot forward, kick right foot back
42& Kick right foot forward, hook right foot in front of right knee
43& Kick right foot forward, step right beside left
- 44& Kick left foot forward, kick left foot back
45& Kick left foot forward, hook left foot in front of right knee
46& Kick left foot forward, step left beside right
- 47-48 Step right to right side, cross left behind right
49-50 Step right to right side while making a 1/4 turn right, swing left around right while making a 1/2 turn right
51-52 Step right forward, hitching left knee
53-54 Step left forward, hitching right knee
55-56 Step right forward, hitching left knee
57-58 Step right foot out to right side, cross left behind right
59-60 Step right foot out to right side, hitch left knee beside right
61-62 Step right foot out to right side, cross left behind right
63-64 Step right foot out to right side while making a 1/4 turn left, stomp

REPEAT