

Tidal Waves

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jenna Barber (UK)
音樂: What's the Matter With You Baby - Claudia Church



- 1 Touch left foot forward
- & Swivel both heels left
- 2 Swivel both heels center
- & Step left next to right
- 3 Touch right foot forward
- & Swivel both heels right
- 4 Swivel both heels center
- 5 Step right foot to right
- 6 Cross step left foot behind right
- 7 Point right toe to right
- & Step right next to left
- 8 Point left toe to left

- 9 Roll body to left from shoulders to hips
- 10 Step right next to left
- 11 Stepping left to left roll body as before
- 12 Touch right next to left
- 13 Step forward on right
- 14 Half pivot to left
- 15 Step forward on right
- 16 Half pivot to left (weight on left, facing original wall)

- 17 Point right toe to right
- 18 Hold
- & Step right in front of left
- 19 Point left toe to left
- 20 Touch left toe in front of right
- 21-22 Sweep left toe from front to back stepping left behind right
- 23-24 Sweep right toe from front to back stepping right behind left (finishing with weight on right)

- 25 Small left kick forward
- & Small step back on left
- 26 Small step forward on right
- 27 Swivel both heels to right turning whole body $\frac{1}{2}$ left
- 28 Swivel both heels to left turning whole body $\frac{1}{2}$ right (finishing with weight on left)
- 29 Point right toe to right
- 30 Bringing foot next to left turn $\frac{3}{4}$ right
- 31 Point left toe to left
- 32 Touch left next to right

REPEAT