

Tornado

拍數: 32 牆數: 4 級數: Improver
編舞者: Anja Moons & Frank Mombers
音樂: Old Hickory Lake - Bekka & Billy



¼ LEFT, ½ LEFT RIGHT BACK, ½ LEFT LEFT FORWARD, ½ LEFT RIGHT BACK, ¼ LEFT LEFT SIDE, CROSS ROCK, RECOVER, RIGHT SIDE, CROSS, RIGHT SIDE WITH ANGLE BODY 45 DEGREES (1:30)

- 1-2 Turn ¼ left stepping left, on ball of left make turn ½ left stepping back right
3&4 On ball of right make turn ½ left stepping forward left, on ball of left make turn ½ left stepping back right, on ball of right make turn ¼ left stepping left to left side
5-6 Cross rock right foot over left, recover onto left foot
7&8 Step right foot to right side, cross rock left foot over right, long step right to right side (body angled 45 degrees right)

CROSS WITH ANGLE BODY 45 DEGREES(1:30), RIGHT SIDE WITH ANGLE BODY 45 DEGREES, 2X KICK LEFT FOOT (1:30), COASTER STEP LEFT FACING (1:30), STEP RIGHT (1:30), PIVOT ½ TURN LEFT WEIGHT ON RIGHT FOOT (7:30)

- 9-10 Cross rock left foot over right (body angled 45 degrees right), long step right to right side (body angled 45 degrees right)
11-12 Kick left diagonal forward (1:30), kick left diagonal forward (1:30)
13&14 Step back left (facing 1:30), step right beside left (facing 1:00), step forward left (facing 1:30)
15 Step forward right (facing 1:30)
16 On ball of both feet turn ½ left (facing 7:30) weight on right foot

LOW & HIGH HIP BUMPS, FULL TRIPLE TURN LEFT, RIGHT SHUFFLE, KICK BALL STEP 1/8 TURN RIGHT

- 17& Bend knees and bump hips right, bump hips left while getting up keep weight on right foot (facing 7:30)
18 Bump hips right keep weight on right foot (facing 7:30)
19&20 Full turn left, stepping left, right, left (facing 7:30)
21&22 Shuffle right forward (facing 7:30)
23&24 Kick ball left step 1/8 turn right (9:00)

STEP LEFT, PIVOT ½ TURN RIGHT, FULL TURN RIGHT FORWARD, LEFT SHUFFLE, RIGHT DIAGONAL STEP, DRAG WITH LEFT TOUCH (3:00)

- 25-26 Step forward left, pivot ½ turn right
27 On ball of right make turn ½ right stepping back left
28 On ball of left make turn ½ right stepping forward right
29&30 Shuffle left forward
31-32 Long step diagonally forward right, drag left beside right and touch left beside right (facing 3:00)

On count 7 raise and open arms. On count 8 clap hands

REPEAT