

Tubthumper

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Joe Warren
音樂: Forgiven Not Forgotten - The Corrs



Sequence: AB, AB, AB(eliminating first 16 steps), A to end of music.

SECTION A

SYNCPATED ROCK STEPS, VINE, STOMPS

- 1& Step right foot forward, rock weight onto left foot
- 2& Step right foot back, rock weight onto left foot
- 3& Step right foot forward, rock weight onto left foot
- 4 Touch right foot beside left foot
- 5 Step right foot to right side
- 6 Step left foot behind right
- 7 Step right foot to right side
- &8 Keep weight on right foot and stomp left foot twice

SYNCPATED ROCK STEPS, VINE, STOMPS

- 1& Step left foot forward, rock weight onto right foot
- 2& Step left foot back, rock weight onto right foot
- 3& Step left foot forward, rock weight onto right foot
- 4 Touch left foot beside right foot
- 5 Step left foot to left side
- 6 Step right foot behind left
- 7 Step left foot to left side
- &8 Keep weight on left foot and stomp right foot twice

RUNNING MAN, HITCH POINTS TO MAKE FULL TURN

- 1& Step right foot forward, scoot back on right foot, hitching left knee
- 2& Step left foot forward, scoot back on left foot, hitching right knee
- 3& Step right foot forward, scoot back on right foot, hitching left knee
- 4& Step left foot forward, hitch right knee and turn $\frac{1}{4}$ left
- 5& Point right toe to right side, hitch right knee and turn $\frac{1}{4}$ left
- 6& Point right toe to right side, hitch right knee and turn $\frac{1}{4}$ left
- 7& Point right toe to right side, hitch right knee and turn $\frac{1}{4}$ left
- 8 Point right toe to right side

KICK BALL CHANGE, STEP PIVOTS

- 1 Kick right foot forward
- &2 Step ball of right foot beside left foot and change weight to left foot
- 3-4 Step right foot forward, turn $\frac{1}{4}$ left, change weight to left foot
- 5 Kick right foot forward
- &6 Step ball of right foot beside left foot and change weight to left foot
- 7-8 Step right foot forward, turn $\frac{1}{4}$ left, change weight to left foot. (now facing new wall)

SECTION B

PROGRESSIVE HIP BUMPS FORWARD

- 1 Step right foot to right (45 degrees) and bump right hip
- & Shift weight to left foot and bump left hip
- 2 Shift weight to right foot and bump right hip

- 3 Step left foot to left (45 degrees) and bump left hip
- & Shift weight to right foot and bump right hip
- 4 Shift weight to left foot and bump left hip
- 5 Step right foot to right (45 degrees) and bump right hip
- & Shift weight to left foot and bump left hip
- 6 Shift weight to right foot and bump right hip
- 7 Step left foot to left (45 degrees) and bump left hip
- & Shift weight to right foot and bump right hip
- 8 Shift weight to left foot and bump left hip

It is important that weight remains on left foot at 45 degrees with right foot back at 45 degrees.

STEP BACK KICKS

- 1-2 Shift weight to right foot and kick left foot left at 45 degrees
- 3-4 Step left foot back and kick right foot at 45 degrees
- 5-6 Step right foot back and kick left foot at 45 degrees
- 7-8 Step left foot back and touch right foot beside left

VINE RIGHT, DOUBLE TIME VINE, TOUCH LEFT

- 1 Step right foot to right side
- 2 Step left foot behind right
- 3 Step right foot to right side
- 4 Cross (in front) left foot over right
- & Step right foot to right side
- 5 Step left foot behind right
- & Step right foot to right side
- 6 Cross (in front) left foot over right
- & Step right foot to right side
- 7 Step left foot behind right
- & Step right foot to right side
- 8 Touch left foot beside right foot

½ TURN MONTEREY, ½ TURN MONTEREY

- 1 Point left toe to left side
- 2 Pivot half turn left, weight left foot
- 3 Point right toe to right side
- 4 Step right foot beside left (home) weight right foot
- 5 Point left toe to left side
- 6 Pivot half turn left, weight left foot
- 7 Point right toe to right side
- 8 Step right foot beside left (home) weight right foot

VINE LEFT, DOUBLE TIME VINE, TOUCH RIGHT

- 1 Step left foot to left side
- 2 Step right foot behind left
- 3 Step left foot to left side
- 4 Cross (in front) right foot over left
- & Step left foot to left side
- 5 Step right foot behind left
- & Step left foot to left side
- 6 Cross (in front) right foot over left
- & Step left foot to left side
- 7 Step right foot behind left
- & Step left foot to left side
- 8 Touch right foot beside left foot

½ TURN MONTEREY, ½ TURN MONTEREY

- 1 Point right toe to right side
 - 2 Pivot half turn right, weight right foot
 - 3 Point left toe to left side
 - 4 Step left foot beside right (home), weight left foot
 - 5 Point right toe to right side
 - 6 Pivot half turn right, weight right foot.
 - 7 Point left toe to left side
 - 8 Step left foot beside right (home), weight left foot
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