

Twice Nude

拍數: 32 牆數: 4 級數: Improver
編舞者: Roy Greene (USA)
音樂: Nude Bootscootin' - Grant Luhrs



STOMP, STOMP / JUMP, CROSS, JUMP / TOUCH / STOMP, STOMP

- 1-2 Weight on right foot, stomp left foot next to right foot, twice, weight ending on right foot
- 3 Jump, ending with both feet shoulder width apart, weight on both feet
- 4 Jump again, crossing right foot over left foot, weight on both feet
- 5 Jump a final time, ending with feet apart, weight on left foot
- 6 Weight remaining on left foot, slide or touch right foot next to left foot
- 7-8 Weight remaining on left foot, stomp right foot twice

SIDE / HITCH / CROSS / HOLD

- 9 Weight remaining on left foot, touch / point right toe out to right side
- 10 Weight remaining on left foot, hitch right knee crossed in front of left leg
- 11 Cross right foot over left foot, weight on right foot
- 12 Hold for one count!

TWIST / TWIST / TURN AROUND

- 13 Weight on both toes, twist heels to the right
- 14 Weight on both toes, twist heels to the left
- 15-16 Unwind by turning ½ turn left, weight equally on both feet (gentleman placing hands at hips on count 16)

HANGING OUT WOMEN'S STEPS: GRAB BLOUSE & PULL IT OFF, SHAKE 'EM FRONT / SHAKE 'EM BACK

- 17 Weight on both feet, cross right hand to left hip, leaving it there
- 18 Weight on both feet, cross left hand to right hip, leaving it there
- 19-20 Raise hands up & uncross over head, kinda' wiggling hips & body, as if wiggling out of blouse
- 21-22 Bringing hands back down to sides, weight equally on both feet, bend forward from waist and shimmy shoulders for 2 counts
- 23-24 Straighten up, shimmying back, weight ending on right (see variations)

HANGING OUT MEN'S STEPS: GRAB PANTS & SLIDE 'EM DOWN (HIP / HIP / HIP / HOLD); LOOK AT ME / LOOK AT ME (HEEL, HOME / HEEL, HOME)

- 17-20 Weight on both feet, slightly bending from the waist, fists already at hips, slide right hand down a little (popping out left knee), left hand down a little (popping out right knee); right hand down (popping out left knee) simulating removal of pants & hold, weight ending on right (see variations)
- 21 Weight on right, tap left heel 45: diagonally forward
- 22 Step left foot next to right foot, weight on left foot
- 23 Weight on left, tap right heel 45: diagonally forward
- 24 Step right foot next to left foot, weight on right foot (the stance or spread of legs, will be determined by how much the gentleman wishes to "brag!")

SCOOT, SCOOT / ROCK / TURN

- 25-26 Weight remaining on right foot, lift left knee in a "reverse chug" and scoot back on right foot twice
- 27 Step left foot back, rocking weight to it
- 28 Begin ¼ turn right by stepping right foot ¼ right, weight on it

SWAY LEFT / SWAY RIGHT

- 29-30 Complete turn, step left foot next to right, rocking weight to left foot, swaying hips and body to left
- 31-32 Rocking weight to right foot, swaying hips and body to right, ending with weight on right foot

REPEAT

VARIATIONS:

LOW IMPACT VERSION (INSTEAD OF JUMPING)

- 3 Step left foot to left side, weight on it
- 4 Cross right foot over left foot, weight on right foot
- 5 Step left foot to left side, weight on it

On steps 17-24: (especially for music other than Nude Bootscootin', dancers might do hip bumps or body rolls) or substitute any favorite fast 8 count variation.
