

Two Left Feet

拍數: 24 牆數: 4 級數: Improver dance
編舞者: Lavinia Shann (UK) & Mick Shann (UK)
音樂: Two Left Feet - The Holloways



ROLLING GRAPEVINES WITH CLAPS (ALTERNATIVE: LEAVE OUT TURNS)

- 1-4 Step right to right side with $\frac{1}{4}$ turn right, step left to left side with $\frac{1}{4}$ turn right, step right to right side with $\frac{1}{2}$ turn right, touch left next to right & clap
- 5-8 Step left to left side with $\frac{1}{4}$ turn left, step right to right side with $\frac{1}{4}$ turn left, step left to left side with $\frac{1}{2}$ turn left, touch right next to left & clap

WALKS BACK, HEEL SWITCHES WITH $\frac{1}{4}$ TURN RIGHT & CLAP

- 1-2 Walk back right, left
- 3-4 Walk back right, left
- 5&6 Turning qtr right. Tap right heel in front, switch right next to left
- &7-8 Tap left heel in front, switch left next to right, tap right heel in front, during heel switches, hold & clap

HIP BUMPS & HIP GRIND WITH ATTITUDE

- 1-2 Bump right hips forward twice
- 3-4 Bump left hips backward twice
- 5-8 Hip grinds or bumps (whatever takes your fancy over 4 counts)

REPEAT

TAG

If using The Holloways track pose and stare during silent 4 counts of track instead of Hip Grinds. Do Two Point Crosses and Restart the dance at the beginning

CROSS POINTS X 4

- 1-2 Cross right over left, point left to left side
- 3-4 Cross left over right, point right to right side
- 5-8 Repeat 1-4