

Under The Hood

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jenny Bounds (AUS)
音樂: Under the Hood - Billy Ray Cyrus



ROCK, RECOVER, CROSS & CLAP; ROCK RECOVER, CROSS & CLAP

- 1-4 Step right foot to right, recover on left to left, cross right foot over left, then clap. (weight on right)
5-8 Step left foot to left, recover on right to right, cross left foot over right, then clap (weight on left)

BACK, TOGETHER, FORWARD & HOLD

- 1-4 Step back on right foot, step left back next to right (weight on left) step forward on right & hold. (weight on right)

KICK, STEP, KNEE KNOCKS, KICK, STEP, KNEE KNOCKS

- 1-4 Kick left forward, step left next to right (feet slightly apart) knock knees together twice
5-8 Kick right forward, step right next to left (feet slightly apart), knock knees together twice (weight on right)

STEP ¼ TURN LEFT, CLAP; STEP ½ TURN BACK LEFT & HOLD, KICK STEP, HEEL DIG, HEEL DIG

- 1-4 Step left foot to left while turning ¼ turn left & clap, turn ½ a turn left, stepping right foot back & hold. (weight on right)
5-8 Kick left foot forward, step left forward, (weight on left); dig right heel forward twice. (weight on left)

STEP TOGETHER CLAP; STEP TOGETHER CLAP

- 1-2 Step right foot forward at 45 degrees, touch left foot next to right & clap (weight on right)
3-4 Step left foot forward at 45 degrees, touch right foot next to left & clap (weight on left)

REPEAT

TAG

There is an 8 beat sequence to bring the dance back into phrase with the music. Once you have repeated the dance 4 times you should be facing the front wall. Before starting the dance for the fifth time do the 8 count sequence and then continue the dance normally.

SWIVET RIGHT, SWIVET LEFT WITH ¼ TURN TO LEFT & TOUCH

- 1 With weight on the ball of left foot turn left heel to left; with weight on right heel point right toe to right
2 Bring left heel back to neutral at the same time bring right toe back to neutral
3 With weight on left heel point left toe to left, with weight on ball of right foot turn right heel to right while turning ¼ turn to left
4 Touch right foot next to left foot

POINT, CROSS, POINT, CROSS

- 1-2 Point right toe to right side, cross right foot in front of left (weight on right foot)
3-4 Point left toe to left side, cross left foot in front of right (weight on left foot)

To end the dance neatly, you will do the turn to face the front wall & the music will break, finish off the dance. Then step right foot to right side & do hip rolls either way & then do a hip bump with the last drum beat.