

Whiplash

拍數: 48 牆數: 2 級數: Improver
編舞者: Marvin Elford
音樂: Lucky In Love - Sherrié Austin



OUT, OUT, HOLD & CLAP, ELVIS KNEES, LEFT TOE STRUTS

- &1 Step forward and slightly right on right foot, step left foot slightly left (feet should be shoulder width apart)
2 Hold and clap
3&4 Bring right knee in toward left knee, quickly take right knee back home as you bring left knee in toward right knee, bring right knee in toward left knee as you bring left knee back home
5-6 Cross right foot across in front of and to the left of left foot and touch toe, step down on right foot
7-8 Touch left toe to left, step down on left foot

CROSS, BALL, CHANGE, LEFT SIDE, BEHIND, ¼ TURN, TWO STEP ½ TURN, ¼ TURN

- 9&10 Step right foot across in front and to the left of left foot, quickly take weight on the ball of the left foot, step weight on right foot
11-12 Step left foot to the left, step right foot behind left foot
13 Turn ¼ left as you step on left foot
14-15 Step forward on right foot as you begin a ½ turn left, complete the turn as you step on the left foot
16 Turn ¼ left as you step on the right foot

CROSS, BALL, CHANGE, RIGHT SIDE, BEHIND, ¼ TURN, TWO STEP ½ TURN, ¼ TURN

- 17&18 Step left foot across in front and to the right of right foot, quickly take weight on the ball of the left foot, step weight on left foot
19-20 Step right foot to the right, step left foot behind right foot
21 Turn ¼ right as step on right foot
22-23 Step forward on left foot as you begin a ½ turn right, complete the turn as you step on the right foot
24 Turn ¼ right as you step on the left foot

FOUR KICK, BALL, SIDE TOUCHES

- 25&26 Kick right foot forward, quickly step the ball of the right foot slightly forward, point the left toe to the left
27&28 Kick left foot forward, quickly step the ball of the left foot slightly forward, point the right toe to the right
29&30 (repeat steps 25&26)
31&32 (repeat steps 27&28)

FOUR HIP BUMPS, WEIGHT TO RIGHT, RIGHT TOE STRUTS

- 33-34 Bump hips left, bump hips right (right toe remains pointed to right)
35-36 Bump hips left, bump hips right stepping down on right foot
37-38 Cross left foot across in front of and to the right of right foot and touch toe, step down on left foot
39-40 Touch right toe to the right, step down on right foot

½ TURN RIGHT, LEFT SHUFFLE, ROCK, STEP, RIGHT VINE & PIVOT ON RIGHT FOOT MAKING ½ TURN RIGHT

- 41&42 Step left foot to the left, quickly step right foot beside left foot, step left foot to the left
43-44 Rock back on right foot, recover weight forward on left foot

45-46

Step right foot to the right, step left foot behind right foot

47-48

Step right foot to the right, step left foot slightly forward

REPEAT
