

With A Holler

拍數: 32 牆數: 0 級數:
編舞者: Jeannie Woolman (USA)
音樂: Any medium West Coast Swing



WALK, SHUFFLE TURN RIGHT AND KICK, BALL, CHANGE

- 1 Step right foot forward
- 2 Step left foot forward
- 3 Step right foot 1/3 turn right (some find it convenient to turn left)
- & Quickly step left foot 1/3 turn right (some find it convenient to turn left)
- 4 Quickly step right foot 1/3 turn forward (completed turn)
- 5 Step left foot forward
- 6 Step right foot forward
- 7 Kick left foot forward
- & Step ball of left foot next to right foot lifting right foot at the same time
- 8 Step right foot next to left foot

CIRCLE FOOT, TURN, SHUFFLE, SCUFF-HEEL, CLICK-KICK

- 9 Point left toe forward keeping weight on right leg
- 10-11 Slide left toe circling back to left turning ½ left (right foot stays in place while turning on ball of right foot)
- 12 Step left foot next to right foot completing turn
- 13 Step right foot forward
- & Quickly step left foot next to right foot
- 14 Quickly step right foot forward
- 15 Scuff left foot forward
- & Click right heel on floor
- 16 Kick left leg in air with holler

STRETCH, STEP LEFT AND GRIND-STRETCH, STEP RIGHT AND GRIND

- 17 Step left foot 45 degree angle forward left (energetically)
- 18 Touch right foot next to left foot
- 19&20 Grind hips ending with weight on left foot
- 21 Step right foot 45 degree angle forward right (energetically)
- 22 Touch left foot next to right foot
- 23&24 Grind hips ending with weight on right foot

SYNCOPATED GRAPEVINE LEFT, CROSS, TURN AND CLAP

- 25 Step left foot to left side
- 26 Step right foot behind left foot (legs are crossed at knees)
- & Step left foot to left side
- 27 Quickly step right foot across front of left foot
- 28 Turn ½ left with a clap (weight on right foot)
- 29 Step left foot to left side
- 30 Step right foot behind left foot (legs are crossed at knees)
- & Step left foot to left side
- 31 Quickly step right foot across front of left foot
- 32 Turn ½ left with a clap (weight on left foot)

REPEAT

