

Judo

拍數: 32 牆數: 2 級數:
編舞者: Larry Majors (USA) & Altie Majors (USA)
音樂: Betty's Takin' Judo - Jeff Carson



This dance requires a lot of arm movements and loud vocals to make it more fun.

STEP-KICKS

- 1-2 Step forward on right foot then kick left foot forward, making a loud "ugh" sound.
- 3-4 Step back on left foot, touch right foot beside left, with weight still on left.
- 5-6 Repeat steps 1- 2
- 7-8 Repeat steps 3-4 except leave weight evenly distributed on last count.

JUDO GLIDE'S

Weight on left toes-right heel

- 9 Swivel right toes to right-left heel to right (feet are in a V position with toes pointed out, you will be traveling to the right.)

Weight on right toes-left heel

- 10 Swivel left toes to right-right heel to right (feet are in a V position with toes pointed in)
- 11 Repeat step 9
- 12 Repeat step 10

Weight on right toes-left heel

- 13 Swivel left toes to left-right heel to left (feet are in a V position with toes pointed out)

You will be traveling to the left

Weight on left toes-right heel

- 14 Swivel left heel to left-right toes to left (feet are in a V position with toes pointed in)
- 15 Repeat step 13

16 Swivel Left heel to center-Right toes to center

The starting position is weight on left foot. Try moving hands and arms as if doing judo during the judo slides.

WALK BACK- RIGHT, LEFT, TURN, KICK

- 17 Step back on right foot.
- 18 Step back on left foot.
- 19 Step back on right while making a ½ turn to right
- 20 Kick left foot forward (use caution, not to kick person behind you)

WALK BACK- LEFT, RIGHT, TURN, KICK

- 21 Step back on left foot.
- 22 Step back on right foot.
- 23 Step back on left while making a ½ turn to left
- 24 Kick right foot forward (use caution, not to kick person behind you)

- 25 Stomp right foot down

- 26 Stomp left foot

- 27 Hop, spreading feet apart (like a jumping jack)

- 28 Hop, crossing right foot in front of left foot

- 29 Turn (unwind) to left

- 30 Clap hands together

- 31 Thrust right fist forward (palm down), while pulling left fist (palm up) to your side

- 32 Thrust left fist forward (palm down), while pulling right fist (palm up) to your side

REPEAT
