In The Mood

拍數: 48

級數: Intermediate

編舞者: Giles Redpath (UK)

音樂: Gettin' in the Mood - The Brian Setzer Orchestra

TOE STRUTS RIGHT, TWO KICKS, JUMP TURN

- 1-2 Right toe strut to right
- 3-4 Cross left toe strut over right
- 5-6 Kick right foot twice forward and to the right
- 7-8 Jump back on right behind left (lift left), step down on left ¼ to left (lift right)

7-8 can be exchanged with a step down

TOE STRUTS FORWARD, TWO KICKS, JUMP TURN

- 9-10 Right toe strut forward
- 11-12 Left toe strut forward
- 13-14 Kick right forward twice
- 15-16 Jump back on right turning ¼ to right, bring left next to right

15-16 can be exchanged with a step down

HEELS, TOES, HEELS TO RIGHT, JAZZ BOX ¼ TURN

- 17-18 Both heels to right, both toes to right
- 19-20 Both heels to right, hold
- 21-22 Cross right over left, step left foot back and to side
- 23-24 Turn ¼ right stepping right to right side, left next to right

MONTEREY TURNS TWICE 1/4

- 25-26 Point right toe out to right side, bring in and turn $\frac{1}{2}$ turn to right
- 27-28 Point left toe out to left side, bring in to right
- 29-30 Point right toe out to right side, bring in and turn ¹/₂ turn to right
- 31-32 Point left toe out to left side, bring in to right

THE DWIGHT! MONTEREY, HOOK

- 33 Weight on left toe twist left heel right, touch right toe next to left
- 34 Switch weight onto left heel turning left toes to right, touch right heel to ground
- 35-36 Repeat 33-34
- 37-38 Point right to right side, bring in and turn ¹/₂ turn over right shoulder
- 39-40 Point left toe to left side, hold

33-36 can be exchanged for heels, toes (twice) moving to right

CHARLESTON STEPS

- 41-42 Sweep left toe forward and touch, hold
- 43-44 Sweep left toe back and touch, hold
- 45-46 Sweep right toe back and touch, hold
- 47-48 Sweep right toe forward, hook right across left

REPEAT





牆數:4