

In The Mood

拍數: 64 牆數: 4 級數: Improver
編舞者: Gaye Teather (UK)
音樂: Pennsylvania 6-5000 - The Brian Setzer Orchestra



RIGHT AND LEFT TOE STRUTS FORWARD, RIGHT CROSS STRUT, LEFT BACK STRUT

1-4 Step forward on right toe, lower right heel, step forward on left toe, lower left heel
5-8 Cross right toe over left foot, lower right heel, step left toe back, lower left heel

TOE STRUTS SIDE RIGHT, FORWARD LEFT, CROSS RIGHT, BACK LEFT

9-12 Step right toe to right, lower right heel, step left toe forward, lower left heel
13-16 Cross right toe over left foot, lower right heel, step left toe back, lower left heel

HALF TURN RIGHT, LOCK STEP, HOLD. LEFT LOCK STEP FORWARD, HOLD

17-20 Make ½ turn right stepping forward on right, lock left behind right, step forward right, hold
21-24 Step forward on left, lock right behind left, step forward on left, hold

HIP BUMPS RIGHT, LEFT, RIGHT, HOLD, STEP BEHIND, SIDE, CROSS, HOLD

25-28 Point right toe to right bumping hips to right, bump hips left and right, hold
29-32 Step right behind left, step left to left, step right over left, hold

HIP BUMPS LEFT, RIGHT, LEFT, HOLD, STEP BEHIND, SIDE, CROSS, HOLD

33-36 Point left toe to left bumping hips to left, bump hips right and left, hold
37-40 Step left behind right, step right to right, step left over right, hold

DIAGONAL STOMP RIGHT, HEEL BOUNCES, DIAGONAL STOMP LEFT, HEEL BOUNCES

41-44 Stomp right foot forward on a right diagonal, raise and lower heels 3 times (heel bounces)
45-48 Stomp left foot forward on a left diagonal, raise and lower heels 3 times (heel bounces)

During steps 41-48 place hands on thighs, lean slightly forward and shimmy shoulders

STEP SWIVELS RIGHT, LEFT, RIGHT, LEFT, FORWARD RIGHT HEEL, LEFT HEEL, BACK RIGHT, BACK LEFT

49-50 Step diagonally forward on right, on ball of right swivel to face left diagonal stepping forward left
51-52 On ball of left foot swivel to face right diagonal stepping diagonally forward on right. On ball of right swivel to face left diagonal stepping forward on left

During steps 49-52 you should travel only slightly forward.

53-54 Step right heel forward, step left heel beside right
55-56 Step back on right, step left beside right

HALF MONTEREY TURN RIGHT, QUARTER MONTEREY TURN RIGHT

57-58 Touch right foot out to right side. On ball of left foot pivot ½ turn right stepping right beside left
59-60 Touch left out to left side. Close left beside right
61-62 Touch right foot out to right side. On ball of left foot ¼ turn right stepping right beside left
63-64 Touch left out to left side. Close left beside right

REPEAT