

In-Cahoot Scoot

拍數: 18 牆數: 0 級數:
編舞者: Unknown
音樂: Help, I'm White And I Can't Get Down - The Geezinslaws



Position: Start with feet apart slightly, weight on BOTH: Small waddle steps, i.e., each step is taken separately and the weight is shifted to each foot as the step is taken.

FORWARD AND BACK STEPS (HANDS ARE ON THE HIPS)

- 1 Small step forward on right, bring left even with right.
- 2 Small step backward on right, bring left even with right

FORWARD STEPS (RIGHT HAND HAS IMAGINARY LASSO)

- 1 Small step forward on left, bring right even with left
- 2 Small step forward on left, bring right even with left
- 3 Small step forward on left, bring right even with left
- 4 Small step forward on left, bring right even with left

LUNGE STEPS WITH HAND & FOOT COORDINATION

- 1 Leave left foot in place and lunge (move upper body) to right, bending right knee as right toes touch floor and push back to original position, shifting weight to right. (right arm across body point up)
- 2 Leave right foot in place and lunge (move upper body) to left, bending left knee as left toes touch floor and push back to original position, shifting weight to left. (left arm across body point down)
- 3 Leave left foot in place and lunge (move upper body) to right, bending right knee as right toes touch floor and push back to original position, shifting weight to right. (right arm across body point up)
- 4 Leave right foot in place and lunge (move upper body) to left, bending left knee as left toes touch floor and push back to original position, shifting weight to left. (left arm across body point down)

QUICK HOPPING STEPS

- 1 Right heel touch in front & return
- 2 Left heel touch in front & return
- 3 Right heel touch in front, leave right heel in place and
- 4 Bending at the waist keep right leg straight out in front, at count 4 (lower right hand to the floor on count 4 and as you bend and as you turn into count 5)
- 5 You are still bent at the waist as you turn $\frac{1}{4}$ turn left on left foot, at count 5
- 6 Rolling right foot from heel to toe, weight is now on both feet. Come up to standing position on count 6
- 7 Hold on count 7
- 8 Clap hands one time on count 8

REPEAT