

Inspiration

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Claire Thomson (UK)
音樂: Christmas Inspirations - Dane Stevens



The choreographer was age 11 when this dance was created

WALK FORWARD SCUFF, HEEL GRIND TURNING RIGHT

1-2 Walk forward right left
3&4 Scuff right foot forward, drop down heel, pivot ¼-turn right on heel

KICK BALL CROSS SIDE POINT, KICK KICK, KNEE POPS

5&6 Kick right foot forward, step right foot, cross left foot over right
7-8 Point right toe to right side, step onto right foot next to left
9-10 Kick left foot forward, then point to left side
11-12 Slide left foot next to right at same time as right knee pops forward, knee pop left knee forward

CROSS SHUFFLE KICK-BALL-CHANGE LEFT AND RIGHT

13&14 Cross left over right foot, step right to right side, cross left foot over right
15&16 Kick right foot forward, step back onto right, step left foot in place
17&18 Cross right over left foot. Step left to left side, cross right foot over left
19&20 Kick left foot forward, step back onto left, step right foot in place

2 ½ PIVOT TURNS, HITCH LEFT KNEE

21-22 Step forward on left foot, half pivot turn right
23-24 Step forward on left foot half pivot turn right transferring weight onto left foot, end by hitching right foot

FORWARD SHUFFLE, BRUSH-BRUSH, SPRING CHANGE, CLAP-CLAP

25&26 Step right, close left, step right
27-28 Brush left foot forward and back
29-30 Scoot back on right foot, spring onto left foot
31-32 Tap right foot twice on spot with 2 claps

REPEAT