

Inspirations

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Sam Armstrong (UK) & Ruth Armstrong (UK)
音樂: Christmas Inspirations - Dane Stevens



2nd Place in Dave Sheriff's Christmas Choreography Competition 2000

SCUFF, STEP, TOE, HEEL (TWICE)

1-2 Scuff right foot forward and step slightly back on right foot
3-4 Touch left toe to right instep, touch left heel to right instep
5-6 Scuff left foot forward and step slightly back on left foot
7-8 Touch right toe to left instep, touch right heel to left instep

CHASSE, CROSS, UNWIND, "DWIGHT" (RIGHT)

9&10 Step right to right side, bring left in place, step right to right side
11-12 Cross left over right, unwind ½ turn right
13-14 Touch right toe to left instep, twisting right heel to left side (traveling right)
15-16 Touch right toe to left instep, twisting right heel to left side (traveling right)

MODIFIED ½ MONTEREY TURN, CHASSE, ROCK

17-20 Touch right to right side, cross right behind left unwind ½ turn to right, touch left to left side, step left across right
21&22 Step right to right side, step left in place, step right to right side
23-24 Rock back on left, forward on right

GRAPEVINE, ¼ TURN, SCUFF, ½ PIVOT TURN, SHUFFLE

25-28 Step left to left side, cross right behind left, step left making ¼ turn left, scuff right foot forward
29-30 Step forward right, make ½ turn pivot to left,
31&32 Shuffle forward right, left, right

HIP BUMPS (TWICE) ½ PIVOT TURN, COASTER STEP

33&34 Step forward left, bumping hips left, right, left
35&36 Step forward right, bumping hips right, left, right
37-38 Step forward left, make ½ turn pivot to right
39&40 Step left forward, step right forward, step left back

HIP BUMPS (TWICE) BEHIND, UNWIND, COASTER STEP

41&42 Step forward right, bumping hips right, left, right
43&44 Step forward left, bumping hips left, right, left
45-46 Cross right behind left, unwind ½ turn to right
47&48 Step left back, step right back, step left forward

REPEAT
