

I Got Soul

拍數: 32 牆數: 0 級數:
編舞者: Sandra Mailman (CAN)
音樂: Soul Man - Sam & Dave



KICK BALL CHANGE, STOMP, CLAP

1&2 Right kick ball change
3 Stomp right forward
4 Clap hands

KICK BALL CHANGE, STOMP, CLAP

5&6 Left kick ball change
7 Stomp left forward
8 Clap hands

STEP OUT RIGHT, SHIMMY, RETURN, CLAP

9 Step right foot out to right side $\frac{1}{4}$ turn while shimmying shoulders
10 Shimmy shoulders
11 Return right foot beside left foot while still shimmying shoulders
12 Clap hands

STEP OUT LEFT, SHIMMY, RETURN, CLAP

13 Step left foot out to left side $\frac{1}{4}$ turn while shimmying shoulders
14 Shimmy shoulders
15 Return left foot beside right foot while still shimmying shoulders
16 Clap hands

BLUES BROTHERS SIDE SHUFFLES

17&18 Blues brothers shuffle to the right (right-left-right)
19&20 Blues brothers shuffle to the left (left-right-left)

Blues Brothers shuffle: Place hands out in front, palms facing out waving hands up and down about waist height. Knees slightly bent.

ROCK BACK AND FORWARD, $\frac{1}{2}$ PIVOT

21 Rock back on right
22 Rock forward on left
23 Step forward with right foot
24 $\frac{1}{2}$ pivot to left

BLUES BROTHERS SIDE SHUFFLES

25&26 Blues brothers shuffle to the right (right-left-right)
27&28 Blues brothers shuffle to the left (left-right-left)

ROCK BACK AND FORWARD, $\frac{1}{4}$ PIVOT

29 Rock back on right
30 Rock forward on left
31 Step forward with right foot
32 $\frac{1}{4}$ pivot to left

REPEAT