

Howling Mad

拍數: 48 牆數: 2 級數: Improver
編舞者: Lois Lightfoot (UK)
音樂: Love Made Me Do It - Andrew Gold



TOE, HEEL, STEP, HOLD RIGHT & LEFT

1-2 Touch right toe to left instep, touch right heel to left instep
3-4 Step right foot over left, hold for one beat
5-6 Touch left toe to right instep, touch left heel to right instep
7-8 Step left foot over right, hold for one beat

¼ MONTEREY TURN RIGHT, TOES APART, HEEL APART

1-2 Touch right out to side, bring right back making ¼ turn to left
3-4 Touch left out to side, step left back in place
5-6 Split toes apart, bring toes back together
7-8 Split heels apart, bring heels back together

RUMBA BOX LEFT, RUMBA BOX RIGHT

1-2 Step left foot to left side, step right foot next to left
3-4 Step left foot back, hold for one beat
5-6 Step right foot to right side, step left foot next to right
7-8 Step right foot forward, hold for one beat

LEFT ROCK STEP BACK, STEP BACK, BACK, BACK HOLD

1-2 Rock forward onto left foot, rock back onto right foot
3-4 Step left foot back hold for one beat
5-6 Step right foot back, step left foot back
7-8 Step right foot back, hold for one beat

LEFT ROCK STEP FORWARD, STEP, STEP, STEP HOLD

1-2 Rock back onto left foot, rock forward onto right foot
3-4 Step left foot forward, hold for one beat
5-6 Step right foot forward, step left foot forward
7-8 Step right foot forward, hold for one beat

LEFT SIDE, TOGETHER, RIGHT SIDE ¼ TURN, LEFT BOX

1-2 Touch left out to side, step left next to right
3-4 Touch right out to side, bring right back making ¼ turn to right
5-6 Brush left foot forward, step left over right
7-8 Step right foot back, step left foot to left side

REPEAT
