

Humpty

拍數: 32 牆數: 0 級數:
編舞者: Bill Lorah (USA)
音樂: 5,6,7,8 I Can't Wait - The Nashville Attitude



FORWARD STEPS ('BROKEN LEG')

- 1 Step slightly forward on ball of right
- & Left knee bent, step on ball of left toe beside right heel
- 2 Step slightly forward on ball of right
- & Left knee bent, step on ball of left toe beside right heel
- 3 Step slightly forward on ball of right
- & Left knee bent, step on ball of left toe beside right heel
- 4 Step slightly forward on ball of right
- & Left knee bent, step on left beside right (about 6" apart)

APPLEJACK

- 5 Shift weight to ball of right, heel of left, pointing toes out, heels in
- & Bring toes back to center
- 6 Shift weight to ball of left, heel of right, pointing toes out, heels in
- & Bring toes back to center
- 7 Shift weight to ball of right, heel of left, pointing toes out, heels in
- & Bring toes back to center
- 8 Shift weight to ball of left, heel of right, pointing toes out, heels in
- & Bring toes back to center (shifting weight to left)

PINBALL HOPS (QUICK JUMPS FORWARD)

- & Pushing off ball of left, hop diagonally forward right onto right (about 12" to 18")
- 9 Touch left toe beside right
- & Pushing off ball of right, hop diagonally forward left onto left (about 12" to 18")
- 10 Touch right toe beside left
- & Pushing off ball of left, hop diagonally forward right onto right (about 12" to 18")
- 11 Touch left toe beside right
- & Pushing off ball of right, hop diagonally forward left onto left (about 12" to 18")
- 12 Touch right toe beside left

½ PIVOT, LOUIE LOUIE

- 13 Step forward on right
- 14 Pivot ½ turn left (6 o'clock), shifting weight to left
- 15 Step forward on ball of right
- & Swivel (move, twist) both heels in
- 16 Swivel (move, twist) both heels back to center (toes pointing forward, shift weight to left)

HIP ROLL, PELVIC THRUSTS, BODY ROLL ('THE HUMPTY')

- & Step right out to right side
- 17 Step left out to left side
- 18 Hold
- 19-20 Weight even, roll hips to the left once (right back left center)
- 21-22 Making fists, drop arms to hip level, pump (thrust) hips forward twice
- 23-24 Beginning at knees, roll body up (shifting weight to left)

MODIFIED SAILOR SHUFFLES

- 25 Cross step right over left (turn body to face slightly left)
& Step left to left side (facing forward)
26 Step right slightly forward and to right side (facing forward)
27 Cross step left over right (turn body to face slightly right)
& Step right to right side (facing forward)
28 Step left slightly forward and to left side (facing forward)

SAILOR SHUFFLES

- 29 Step right behind left (turn body to face slightly to right)
& Step left to left side (facing forward)
30 Step right slightly forward and to right side (facing forward)
31 Step left behind right (turn body to face slightly to left)
& Step right to right side (facing forward)
32 Step left slightly forward and to left side (facing forward)

REPEAT
