

Hifi Hi

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Paula J. Graves (UK)
音樂: Need Your Love Tonight - John Dean



RIGHT FOOT ROCKS FORWARD & SIDE, BEHIND SIDE STEP, HOLD

1-8 Right foot forward, replace weight to left foot, right foot side, replace weight to left foot, right foot behind left foot, left foot to side, right foot cross in front of left foot, hold

LEFT FOOT ROCKS FORWARD & SIDE, BEHIND SIDE STEP, HOLD

1-8 Left foot forward, replace weight to right foot, left side, replace weight to right foot, left foot behind right foot, right foot to side, left foot cross in front of right foot, hold

RIGHT FOOT ROCKS FORWARD & BACK, SHUFFLE FORWARD

1-8 Right foot forward, replace weight to left foot, right foot back, replace weight to left foot, shuffle forward right foot stepping right-left-right, hold

LEFT FOOT FORWARD, HOLD, ½ TURN RIGHT, HOLD, LEFT FOOT FORWARD, HOLD, ¼ TURN RIGHT, HOLD

1-8 Left foot forward, hold, ½ turn to right stepping onto right foot, hold, left foot forward, hold, ¼ turn to right stepping onto right foot, hold

WEAVE TO RIGHT, KICK RIGHT FOOT, BEHIND SIDE CROSS, HOLD

1-8 Left foot cross in front of right foot, right foot side, left foot cross behind right foot, kick right foot to right diagonal, right foot cross behind left foot, left foot side, right foot cross in front of left foot, hold

LEFT FOOT HEEL FORWARD & TOE BACK, LEFT FOOT ½ TURN, LEFT FOOT CLOSE TO RIGHT FOOT WITH ½ TURN & HITCH RIGHT FOOT

1-8 Left heel forward, replace weight to right foot, left toe back, replace weight to right foot, left foot forward, ½ turn to right stepping onto right foot, close left foot to right foot while turning ½ turn to right, hitch right leg

COASTER STEP, HOLD, GRAPEVINE LEFT WITH ¼ LEFT, RIGHT FOOT FORWARD

1-8 Right foot back, close left foot to right foot, right foot forward, hold, left foot side, right foot behind left foot, ¼ turn to left stepping forward left foot right foot forward

TAP LEFT FOOT IN, OUT, IN, OUT, HITCH LEFT FOOT, CROSS LEFT FOOT BEHIND RIGHT FOOT, ¼ TURN RIGHT, STEP FORWARD LEFT FOOT

1-8 Tap left foot next to right foot, tap left toe to left side, tap left foot next to right foot, tap left toe to left side, hitch left leg, cross left foot behind right foot, ¼ turn to right stepping forward onto right foot, left foot forward

REPEAT

Option: if you don't like to turn then rock forward on left foot, replace weight to right foot, close left foot to right foot, hold.

For fun on the ½ turn, ¼ turn, click hands high on the ½ turn then click hands low on the ¼ turn when John sings 'Hifi high and the lights down low'