

Hittin The Hay

拍數: 60 牆數: 4 級數:
編舞者: Donna Eliassen (AUS)
音樂: Hittin' the Hay - Rednex



- 1-2 Step left over right-grinding left heel into ground, step right to right side-pivoting on ball of right foot
- 3-4 Step left over right-grinding left heel into ground, step right to right side-pivoting on ball of right foot
- 5&6 Rock left over right, rock right on spot, rock left over right
- 7&8 Rock right over left, rock left on spot, rock right over left
- Rock onto right heel here, and commence heel grinding**
- 9-10 Step left to left side-pivoting on ball of left foot step right over left-grinding right heel into ground
- 11-12 Step left to left side-pivoting on ball of left foot step right over left-grinding right heel into ground
- 13-14 Rock left over right, rock right on spot, rock left over right
- 15-16 Rock right over left, rock left on spot, rock right over left
- 17-18 Elvira cha-cha to left
- 19-20 Rock back on right, step left in place
- 21-22 Elvira cha-cha to right
- 23-24 Rock back on left, step right in place
- 25-26 Step forward on left-wiggle walk, step forward on right-wiggle walk
- 27&28 Shuffle forward left-right-left (turning body 45 degrees to right)
- 29-30 Step forward on right-wiggle walk, step forward on left-wiggle walk
- 31-32 Shuffle forward right-left-right (turning body 45 degrees to left)
- 33-34 Rock forward on left, step right on spot
- 35-36 Turn ½ turn left, cha-cha-cha-ing left-right-left
- 37-38 Rock forward on right, step left on spot
- 39-40 (Small) shuffle backwards right-left-right
- STAR JUMPS**
- 41 Jump onto left foot, putting right heel out at 45 degrees to right
- 42 Jump cross legged right over left
- 43 Jump onto right foot, putting left heel out at 45 degrees to left
- 44 Jump feet together
- 45-46 Touch right toe to side, cross right over left
- 47-48 Unwind, clap
- 49-50 Step forward on right, pivot ¼ turn to left kicking left foot forward
- 51&52 Cha-cha-cha left-right-left
- 53-54 Step forward on right, pivot ½ turn to left
- 55&56 Shuffle forward right-left-right
- 57-58 Touch left toe to side, cross left over right
- 59-60 Unwind, clap

REPEAT
