Hawaiian Hustle

拍數: 64

牆數: 0

編舞者: Sue Shotwell

音樂: Early In The Morning - Hank Williams Jr.

POINT, TOGETHER, STEP SLIDES

- 1-2 Point right foot front, bring it back next to left foot.
- 3 Right step right
- 4 Slide left to right
- 5 Right step right
- 6 Slide left to right
- 7 Right step right
- 8 Slide left to right (keeping weight on right foot on last step slide)

POINT LEFT, TOGETHER, FRONT, TOGETHER

- 1 Point left foot left
- 2 Bring it back next to right
- 3 Point left front
- 4 Bring it back next to right

HIP PUSHES

- 5 Point left behind & at 45 degree angle & push hip back
- 6 Push hip forward
- 7 Push hip back
- 8 Push hip forward

Arms extended to side front and push out when hip goes back, and pull arms in a little as hip comes forward.

This move is at a 45 degree angle

VINE LEFT, VINE RIGHT

- 1 Step left to the left
- 2 Cross right behind left
- 3 Step left to the left
- 4 Scoot right while turning 1/2 turn left
- 5 Step right to the right
- 6 Cross left behind right
- 7 Step right to the right
- 8 Step left foot across in front of right (end with weight on left)

POINT RIGHT, TOGETHER, LEFT, TOGETHER

- 1 Point right to right side
- 2 Return right together
- 3 Point left to left side
- 4 Return left together

HEEL TWISTS

5-8 With weight on balls of feet twist both heels right, center, left, center

KICK-BALL-CHANGE, CROSS, TURN HOLD

- Kick right foot front; step on ball of right foot next to left while slightly lifting left foot; replace 1&2 left next to right
- 3&4 Kick right foot front; step on ball of right foot next to left while slightly lifting left foot; replace left next to right





級數:

5-8 Cross right over left and turn on balls of feet ½ to left, heels down on 7, hold count 8

KICK-BALL-CHANGE, CROSS, TURN, HOLD

- 1&2 Kick right foot front; step on ball of right foot next to left while slightly lifting left foot; replace left next to right
- 3&4 Kick right foot front; step on ball of right foot next to left while slightly lifting left foot; replace left next to right
- 5-8 Cross right over left and turn on balls of feet ½ to left, heels down on 7, hold count 8

TOE, HEEL, TOE HEEL-DOWN, DOWN, DOWN, UP, UP

- 1-4 Right toe, heel down, left toe, heel down,
- 5-8 Right step, left step, right step, left step

Steps are in place, bending knees and going down, down for counts 1, 2 3, 4, then coming up, up for 5 6, 7, 8.3

STEP SLIDE

- 1 Right step right
- 2 Slide left next to right
- 3 Right step right
- 4 Slide left next to right
- 5 Left step left
- 6 Slide right next to left
- 7 Left step left
- 8 Slide right next to left

REPEAT