

Green Frog

拍數: 32 牆數: 4 級數: Beginner
編舞者: William Sevone (UK)
音樂: Green Door - Wynder K. Frog



'MINTY' JAZZ BOX, FORWARD SHUFFLE (12:00)

1-2 Cross step right over left, step backward onto left foot
3 Step right foot to right side and slightly forward
4-5 Cross step left foot over right, step backward onto right foot
6 Step left foot to left side and slightly forward
7&8 (Short steps) step forward onto right foot, close left foot next to right, step forward on right foot

Counts 1-6 form a 'figure of 8' when completed

FORWARD SHUFFLE, PUSH STEP, STEP, SLOW FORWARD COASTER STEP, CROSS STEP (12:00)

9&10 (Short steps) step forward on left foot, close right foot next to left, step forward on left
11-12 Push step forward onto right foot, step onto left foot
13-14 Step backward onto right foot, step left foot next to right
15-16 Step forward onto right foot, cross step left foot over right

2X GRAPEVINE WITH OPTIONAL EXPRESSION (12:00)

17-18 Step right foot to right side, cross step left foot behind right
Option: count 18: cross step left foot over right foot
19-20 Step right foot to right side, (keeping right foot facing forward) turn whole body towards right and tap left toe next to right toe (bending left knee forward slightly)
21-22 Step left foot to left side, cross step right foot over left
23-24 Step left foot to left side, (keeping left foot facing forward) turn whole body towards left and tap right toe next to left toe (bending right knee forward slightly)

Option: count 20: (turning body slightly left) touch left heel diagonally forward left
On count 24 (turning body slightly right) touch right heel diagonally forward right

¼ RIGHT EXTENDED GRAPEVINE, CROSS ROCK-ROCK (OR OPTION), SIDE STEP (3:00)

25-26 Turn ¼ right & step right foot to right side, cross step left foot over right
27-28 Step right foot to right side, cross step left foot behind right
29-30 Step right foot to right side, cross rock/push step left foot over right
31-32 Rock/step onto right foot, step left foot to left side

Option: 'Jumpin' Frogs'

30-31 Feet together slight jump to right, slight jump to left

REPEAT

DANCE FINISH

The dance will finish on count 16 of the 15th wall facing 6:00. To finish facing the 'home' wall, just add a ½ turn (unwind) right after count 16