

The Grind

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Mary Kelly (UK)
音樂: Go On - Delbert McClinton



FAN, HOP, STEP, TOUCH, FULL TURN

1 Fan right foot to right side (making quarter turn to right)
2 Hop slightly to left on right foot
3-4 Step left on left foot, touch right foot beside left
5-6-7 Make full turn to right on right, left, right
8 Stomp left foot beside right

FAN, HOP, STEP, TOUCH, FULL TURN

9 Fan left foot to left side (making quarter turn to left)
10 Hop slightly to right on left foot
11-12 Step right on right foot, touch left foot beside right
13-14-15 Make full turn to left on left, right, left
16 Touch right foot beside left

HIP GRINDS, QUARTER TURNS

17-18 Step right foot to right side, grinding hips to right for two counts
19 Grind hips to left
20 Pivot quarter turn right on ball of left foot, at the same time, kick right foot forward
21-24 Repeat counts 17-20
25-28 Repeat counts 17-20

STEP, HOLD, &, STEP, HITCH TURNS

29-30 Step forward diagonally on right foot, hold for one beat
& Step left foot beside right foot
31 Step forward diagonally on right foot
32 Hitch left knee and at the same time, pivot on ball of right foot half turn to right
33-34 Step forward diagonally on left foot, hold for one beat
& Step right foot beside left foot
35 Step forward diagonally on left foot
36 Hitch right knee and at the same time, pivot on ball of left foot a full turn to left
37-40 Repeat counts 29-32
41-43 Repeat counts 33-35
44 Hitch right knee and at the same time, pivot on ball of left foot half turn to left

SYNCOPATED BOX STEP

45-46 Step right foot across left, hold for one beat
& Step back on left foot
47 Step right on right foot
48 Stomp left foot beside right foot

REPEAT
