

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
