

Got The Bug

拍數: 40 牆數: 2 級數: Improver
編舞者: Carrie Wilkinson (UK) & Helen Buchanan (UK)
音樂: Life And Liberty - Chris Raddings



HEEL & TOE SWIVELS

- 1 Swivel both heels to left
- 2 Swivel both toes to left
- 3 Swivel both heels to left
- 4 Hold and clap
- 5 Swivel both heels to right
- 6 Swivel both toes to right
- 7 Swivel both heels to right
- 8 Hold and clap

STEP LEFT, CROSS BEHIND, SYNCOPATED CROSS & HEEL JACKS X 3

- 9 Step left to left side
- 10 Cross right behind left
- & Step left beside right
- 11 Cross right over left
- & Step left diagonally back left
- 12 Touch right heel diagonally forward
- & Step right to place
- 13 Cross left over right
- & Step right diagonally back right
- 14 Touch left heel diagonally forward
- & Step left to place
- 15 Cross right over left
- & Step left diagonally back left
- 16 Touch right heel diagonally forward

BACK STEPS. ¼ TURN RIGHT, STOMPS & HIPS WALKS FORWARD

- 17 Step back right
- 18 Step back left
- 19 Step right ¼ turn right
- & Stomp left beside right
- 20 Stomp right beside left
- 21&22 Step left forward bumping hips left-right-left
- 23&24 Step right forward bumping hips right-left-right

LEFT SIDE SLIDE, CROSS, RIGHT SIDE SLIDE, CROSS, UNWIND ½ TURN

- 25 Step left to left side
- 26 Slide right beside left
- 27 Cross step left over right
- 28 Hold
- 29 Step right to right side
- 30 Slide left beside right
- 31 Cross right over left
- 32 Unwind ½ turn left (weight ends on right)

LEFT SHUFFLE, STEP ½ PIVOT, JAZZ BOX

- 33 Step forward left
- & Close right beside left
- 34 Step forward left
- 35 Step forward right
- 36 Pivot $\frac{1}{2}$ turn left
- 37 Cross right over left
- 38 Step back left
- 39 Step right to right side
- 40 Step left beside right

REPEAT
