

Fried Chicken

拍數: 32 牆數: 4 級數:
編舞者: James O. Kellerman (USA)
音樂: Memphis Women & Chicken - T. Graham Brown



BODY ROLL BACK, RIGHT HIP & HIP, WEST COAST MOVE (WALK RIGHT-LEFT, CROSS-CROSS, BACK

1-2 Step back on the left foot and body roll back (head to toe) into a setting position, end up with the right knee bent, weight on the left (work that body!!)

Instead of the body roll, you can bump you hips back-forward-back-back

3-4 Push/lift the right hip forward, twice

5-6 Walk forward right-left, (body turned slightly to the right)

7&8 Cross the right foot behind the left, (stay on the ball of the foot) keep the left foot crossed and step back on the left foot, step back on the right foot

TRIPLE STEP (LEFT-RIGHT-LEFT) TURNING full turn LEFT, TOUCH RIGHT & LEFT, CROSS, BRUSH RIGHT, CROSS-ROCK FORWARD

1&2 Triple step left-right-left, turning full turn left

Instead of the full turn, you can just triple in place

3&4 Touch right toe out to the right, step together, touch left toe out to the left

5-6 Cross the left foot over the right, brush the right foot next to the left

7-8 Cross-rock forward on the right foot, step back on the left foot

OUT-OUT, CLAP, HIP ROLL, RIGHT KNEE IN-OUT & TURN ¼ RIGHT, COASTER (RIGHT-LEFT-RIGHT

&1 Step out with the right foot, step out with the left foot, (feet shoulder width apart)

2 Clap hands

3-4 Roll your hips from the left, then back, and over to the right in a circle to the left

5 As you finish your hip roll and your shifting weight to the left foot, follow your left hip with your right knee, bring the right knee in towards the left knee

6 Roll your right knee out to the right and push off the toe and turn ¼ right

7&8 Coaster step back right-together left-forward right, (now facing 3:00)

TOUCH & CROSS, TOUCH & CROSS, BRUSH & TURN RIGHT, ROCK STEP FORWARD, POINT LEFT TOE BACK

1 Touch the left toe forward

& Draw the left foot slightly back and step

2 Cross the right foot over the left (turning your body slightly right), snap right fingers

3 Touch the left toe to the left/forward

& Draw the left foot slightly back and step

4 Cross the right foot over the left (turning your body slightly right), snap right fingers

For the first 4 counts (touch & cross, touch & cross), your body should be turned slightly to the right, Should be facing about 4:30

5 Lift the left knee in to a turn to the right (a little more than a ¼ turn), (facing 9:00)

6 Step forward on the left foot, lean slightly forward (attitude)

7 Push off the left foot and step back on the right foot

8 Point the left toe back

REPEAT