

Frog Mania

拍數: 32 牆數: 4 級數: Improver nightclub
編舞者: Lady Lace (UK)
音樂: Axel F - Crazy Frog



SIDE TOGETHER, SIDE SHUFFLE, STOMP, HOLD, ¼ TURN SHUFFLE

1-2 Step right to side, step left beside right
3&4 Step right to side, close left, step right to side
5-6 Stomp left beside right, hold
7&8 Step right to side, close left, step right ¼ turn right

STEP PIVOT ¼ TURN, CROSS SHUFFLE, SIDE, SQUAT, RAISE UP

1-2 Step left forward, pivot ¼ turn right - weight on right
3&4 Cross step left over right, step right, cross step left over right
5-6 Step right to side, bend knees & lower body, lower more
7-8 Raise up ½, stand up (tap both heels twice on 7-8)

Option: hold arms forward as if riding a motorbike during counts 5-8

FORWARD ROCK, COASTER, STEP ¼ TURN, SAILOR

1-2 Rock right forward, recover
3&4 Step back on right, bring left beside, step right forward
5-6 Step left ¼ turn right, recover onto right
7&8 Step left behind right, step right to side, cross step left over right

¼ TURN, ½ TURN, TOE SWITCHES & RIGHT JAZZ BOX ¼ TURN

1-2 Step right back ¼ turn left, step left forward ½ turn left
3&4& Touch right toe to right side, step in place, touch left toe to left side, step in place
5-8 Step right over left, step left back turning ¼ right, step right to side, step left together

REPEAT
