

The Fred

拍數: 48 牆數: 4 級數: Improver
編舞者: jg2 (USA)
音樂: Givin' Water to a Drowning Man - Lee Roy Parnell



BRUSH HANDS BACK, FRONT, CLAP TWICE, SLAP TWICE, CLAP TWICE

Feet are slightly apart with weight even for the first 8 counts.

- 1 Brush hands across outside of thighs from front to back
- 2 Brush hands across outside of thighs from back to front
- 3-4 Clap hands twice.
- 5 Extend arms to sides starting with right hand high palm down and left hand low palm up, bring right hand down slapping hands with person to your right and bring left hand up slapping hands with person to your left
- 6 Reverse above hand slap
- 7-8 Clap hands twice

¼ TURN LEFT, STEP, ¼ TURN RIGHT, STEP

- 9-11 With weight on left, push right foot to floor 3 times, turning a total of ¼ left
- 12 Step right beside left.
- 13-15 With weight on right, push left foot to floor 3 times, turning a total of ¼ right
- 16 Step left beside right

WALK FORWARD 3, KICKS, WALK BACK 2

- 17-19 Walk forward right, left, right
- 20-22 Kick left forward, kick left back, kick left forward
- 23-24 Walk back left, right

¼ TURN LEFT, ½ TURN RIGHT, ½ TURN RIGHT, ROCK STEP

- 25 Place ball of left foot slightly behind right
- 26 Turn left ¼ and shift weight to left foot
- 27 Place ball of right foot slightly behind left
- 28 Turn right ½ and shift weight to right foot
- 29-30 Step forward left, turn ½ right and shift weight to right foot
- 31-32 Step forward left, replace weight back to right foot

TOUCH SIDE & CROSS BEHIND 3 TIMES, KICK BALL CHANGE

- 33-34 Touch left toe out to left side, step left crossed behind right
- 35-36 Touch right toe out to right side, step right crossed behind left
- 37-38 Touch left toe out to left side, step left crossed behind right
- 39&40 Kick right forward, step back on ball of right, replace weight forward to left

SLOW ½ TURN LEFT, CHUG (SCOOT) FORWARD 4 TIMES

- 41 Step forward right, bending both knees
- 42-44 Leaving both feet where they are slowly turn left ½ on the balls of both feet
- Option: During above turn shield eyes with right hand as though looking for something
- 45-48 Placing feet slightly apart, chug (scoot) forward on both feet 4 times.

Option: During above chugs twirl lasso over head with right arm. For low impact variation, walk forward right, left, right, left For variation, Scoot forward on left 4 times while hitching right knee up

REPEAT