

First Class

拍數: 32 牆數: 2 級數: Improver
編舞者: Mark Cosenza (USA)
音樂: In a Letter to You - Eddy Raven



CROSS-SIDE SHUFFLE RIGHT, STEP SIDE RIGHT, ½ TURN LEFT, CROSS-SIDE SHUFFLE LEFT, STEP SIDE LEFT, ¼ TURN RIGHT

- 1 Begin cross-side shuffle by crossing left over right
- &2 Continuing in crossed position slide right next to left, step left side right (completing cross shuffle)
- 3-4 Step right side right, pivot half turn to left by stepping on ball of left
- 5 Begin cross-side shuffle by crossing right over left
- &6 Continuing in crossed position slide left next to right, step right side left (completing cross shuffle)
- 7-8 Step left side left, pivot ¼ turn right and step down on right

SIDEKICKS LEFT, RIGHT, ROCK BACK RIGHT, KICK LEFT, SHUFFLE TURN LEFT, ROCK BACK LEFT, FORWARD RIGHT

- 1 Kick left side left
- &2 Step down on left, kick right side right
- &3 Rock back on right foot, kick left forward
- 4 Begin moving forward by stepping down on left
- 5&6 Shuffle forward right, left, right turning ½ left
- 7-8 Rock left behind, rock forward on right

Hand motions: with hands beginning down in front of you, slightly swing hands left (1) right (2) and on count 3, in a slight circular motion to the right keeping right hand about a foot lower, swing both hands upward, palms down and moving forward giving an effect of a send off.

JUMP & OUT, CLAP & IN, CLAP & OUT & IN, LEFT HIP BUMP, RIGHT HIP RISE

- &1 Jump forward and outward left, right
- 2 Hold and clap
- &3 Jump inward right, left
- 4 Hold and clap
- &5 Jump outward left, right
- &6 Jump inward right, left
- 7 Step left forward and bump left hip forward
- 8 With weight remaining on left bump right hip back and up (hip will rise to maintain forward weight)

RIGHT HIP BUMP, LEFT HIP RISE, LEFT HIP BUMP, RIGHT HIP RISE, & LEFT, RIGHT ACROSS, UNWIND, RIGHT KICK-BALL, POINT

- 1 Step right forward and bump right hip forward
- 2 With weight remaining on right bump left hip back and up
- 3 Step left forward and bump left hip forward
- 4 Bump right hip backward
- &5 Step down on left, cross right over left,
- 6 Turn ¾ to the left
- 7 Kick right forward
- &8 Step down on right and point left toe to side

REPEAT

