

5.Am

拍數: 32 牆數: 4 級數: Beginner
編舞者: Sharon Dalton (UK)
音樂: Wrong Five O'Clock - Eric Heatherly



STEP RIGHT, TAP LEFT, STEP LEFT, TAP RIGHT, RIGHT SIDE CHASSE, ROCK BACK ON LEFT, RECOVER

1-2 Step right to right side, tap left next to right
3-4 Step left to left side, tap right next to left
5&6 Step right to right side, close left next to right, step right to right side
7-8 Rock back on left, recover forward on right

LEFT SIDE CHASSE, ROCK BACK ON RIGHT, RECOVER, STEP RIGHT, TAP LEFT, STEP LEFT, TAP RIGHT

9&10 Step left to left side, close right next to left, step left to left side
11-12 Rock back on right, recover forward on left
13-14 Step right to right side, tap left next to right
15-16 Step left to left side, tap right next to left

STEP RIGHT FORWARD, HOLD, STEP LEFT ¼ TURN LEFT, HOLD, KICK, KICK JUMP OUT, OUT CLAP

17-18 Step forward right, hold and clap
19-20 ¼ turn left as you step in place with left, hold and clap
21-22 Kick right foot forward twice
23&24 Jump both feet out landing right, left and clap

HIP BUMPS LEFT, LEFT, RIGHT, RIGHT, HEEL SWIVELS LEFT, RIGHT, LEFT, CENTER

25-26 Bump hips left twice
27-28 Bump hips right twice
29-32 Swivel both feet, heels left, right, left, center - as you do this ease the right foot over towards the left

REPEAT
