

Fast Food Dance

拍數: 0 牆數: 4 級數: Improver
編舞者: Audrey Watson (SCO)
音樂: Fast Food Song (Deep Pan Mix) - Fast Food Rockers



Sequence: ABB, B(1-16), ABB, ABB, AA

PART A

RIGHT KICK BALL ¼ TURN LEFT TWICE, FORWARD RIGHT LEFT, BACK RIGHT LEFT. (WITH ARM ACTIONS)

1&2 Kick forward on right, step down on right turning ¼ turn left, step left next to right

Touch both hands together with fingertips in front of face making a pyramid when they sing Pizza Hut

3&4 Kick forward on right, step down on right turning ¼ turn left, step left next to right

Touch both hands together with fingertips in front of face making a pyramid when they sing Pizza Hut

5&6 Step forward right, step forward on left, shoulder width apart

Bend both arms up with hands clenched and facing the ceiling, flap both arms at the same time, like a bird when they sing Kentucky Fried Chicken.

7&8 Step back on right, step back on left, shoulder width apart

Touch both hands together with fingertips in front of face making a pyramid when they sing Pizza Hut

RIGHT KICK BALL ¼ TURN LEFT TWICE, FORWARD RIGHT LEFT, BACK RIGHT LEFT. (WITH ARM ACTIONS)

1-8 Repeat previous 8 counts

STEP TOGETHER, STEP TOGETHER, GRAPEVINE LEFT TOUCH

1-2 Step right to right/side, step left next right

Make an M shape in the air when they sing McDonalds

3-4 Step right to right/side, step left next right

Make a M shape in the air when they sing McDonalds

5-6 Step left to left side, step right behind left

Bend both arms up, with hands clenched and facing the ceiling, flap both arms at the same time, like a bird when they sing Kentucky Fried Chicken

7-8 Step left to left side, touch right next left

Touch both hands together with fingertips in front of face making a pyramid when they sing Pizza Hut

1-8 Repeat previous 8 counts

PART B

CROSS ROCK, TRIPLE STEP, FORWARD ROCK, ½ TURN SHUFFLE LEFT

1-2 Cross right over left, recover on left

3&4 Triple step on the spot, right, left, right

5-6 Rock forward on left, recover on right

7&8 ½ turn shuffle left, stepping, left, right, left

CROSS, BACK, SIDE, CROSS, STEP STOMP, HOLD, TWIST, TWIST

1-2 Cross right over left, step back on left

3-4 Step right to right/side, cross left over right

5-6 Step right to right/side, stomp left next right

7&8 Hold for a beat, twist both heels right, twist both heels back to center

FORWARD ROCK, ½ TURN RIGHT SHUFFLE, CROSS POINT TWICE

1-2 Rock forward on right, recover on left

3&4 ½ turn shuffle right, stepping, right, left, right

5-6 Cross left over right, point right to right/side

7-8 Cross right over left, point left to left/side

CROSS ROCK, CHASSE ¼ TURN LEFT, FORWARD ROCK, TOGETHER, HOLD & CLAPS

1-2 CROSS ROCK LEFT OVER RIGHT, RECOVER ON RIGHT

3&4 Step left to left/side, step right next left, step left ¼ turn left

5-6 Rock forward on right, recover on left

7&8 Step right next left, hold & clap hands twice
