Female Intuition

拍數: 32

級數: Improver

編舞者: Sho Botham (UK)

音樂: Female Intuition - Ashley Jay

Commence feet comfortably apart, right slightly forward

FUNKY TOE FANS, STEPS AND SHUFFLES

1&2 Toe fans right to right, straight (toes pointing forward), right to right (out, straight, out) finishing with the weight on right on relaxed knees, body leaning slightly right

Optional right arm - right hand is level with right elbow throughout this movement, elbow close to body open right hand to side, palm facing front count 1, bring hand towards body, palm facing body, elbow point to right side count `&', repeat arm as count 1 on count 2

3-4 Step back left, right turning ¼ right

5&6-7&8 Two shuffles in place left-right-left, right-left-right turning ¼ right

JUMPS OR STOMPS `OUT IN OUT', PICK UP LEFT BACK, SWITCH PICKING UP RIGHT AT BACK, SHUFFLES WITH FULL TURN

- 9&10 3 small jumps, jumping feet apart, together, apart (out in out) or non jumping option stomp out to left, close left beside right, stomp left to left (out in out)
- 11 Pick up left foot at back

12 Switch and pick up right foot at back making ¹/₄ turn left

13&14-15&16 2 shuffles right-left-right, left-right-left making one full turn left

Easier option: dance shuffles with no turn

WALKS FORWARD, KICK BALL CHANGE, ½ TURN PIVOT, SHUFFLE FORWARD

- 17-18 2 walks forward right, left
- 19&20 Kick right forward, ball change right, left
- 21-22 Step forward right, ¹/₂ turn pivot left
- 23&24 Shuffle forward right-left-right

WALKS FORWARD, KICK BALL CHANGE, ½ TURN PIVOT, STEP SLIDE

- 25-26 2 walks forward left, right
- 27&28 Kick left forward, ball change left, right
- 29-30 Step forward left, ¹/₂ turn pivot right
- 31 Step left to left making ¼ turn right
- 32 Slide right towards left into starting position

REPEAT





牆數:2