

Elmer's Tune

拍數: 32 牆數: 4 級數: Beginner
編舞者: Irene Groundwater (CAN)
音樂: Elmer's Tune (Cha Cha / 31 BPM) - Ross Mitchell, His Band and Singers



Choreographed for Jenifer Reaume's 2001 Christmas Party at the West End Community Center in Vancouver, B.C., Canada

FORWARD, KICK, FORWARD, FORWARD

1-2 Right forward, kick left foot diagonal forward across body to the right
3-4 Left forward, right forward

FORWARD, KICK, FORWARD, KICK

5-6 Left forward, kick right foot diagonal forward across body to the left
7-8 Right forward, kick left foot diagonal forward across body to the right

SIDE STEP, DRAG, DRAG, PIVOT ¼ TURN RIGHT WITH TOUCH

9-10-11 Side step left, drag right towards left for 2 counts
12 Pivot ¼ turn right on left ball and touch right toe beside left instep
Option - shimmy left on counts 10 and 11

SIDE STEP, DRAG, DRAG, TOUCH

13-14-15-16 Side step right, drag left towards right for 2 counts, touch left toe beside right instep
Option - shimmy right on counts 14 and 15

SIDE STEP BENDING KNEE, STRAIGHTEN KNEE, TOUCH HEEL DIAGONAL FORWARD TWICE

17-18 Side step left bending left knee, straighten left knee
19-20 Touch right heel diagonal forward to the right twice
Option - on counts 19 and 20 - body faces diagonally to the right

SIDE STEP BENDING KNEE, STRAIGHTEN KNEE, TOUCH HEEL DIAGONAL FORWARD TWICE

21-22 Side step right bending right knee, straighten right knee
23-24 Touch left heel diagonal forward to the left twice
Option - on counts 23 and 24 - body faces diagonally to the left

BEND KNEE, STRAIGHTEN WITH HEEL TOUCH DIAGONAL FORWARD, BEND KNEE, STRAIGHTEN WITH HEEL TOUCH DIAGONAL FORWARD

25-26 Side step left bending left knee, straighten left knee and touch right heel diagonal forward to the right
27-28 Side step right bending right knee, straighten right knee and touch left heel diagonal forward to the left
Option - on count 26 - face body diagonally to the right, on count 28 - face body diagonally to the left

SIDE STEP, BUMP HIP RIGHT, BUMP HIP LEFT, HOLD

29-30 Side step left, bump right hip right
31-32 Bump left hip left, hold
Option - side step left, make circular movements to the left with hips for 3 counts holding arms above head

REPEAT