

Eruption

拍數: 32 牆數: 4 級數: Intermediate
編舞者: PJ (UK)
音樂: Volcano - Jimmy Buffett



RIGHT ROCK & CROSS, LEFT ROCKS WITH ¼ TURNS, RIGHT ROCKS WITH ¼ TURNS

- 1 Step right foot to right side rocking weight right
- &2 Rock weight on to left, cross right over left
- 3 Pivot ¼ turn right on right foot & step left foot to left side, rocking weight left
- & Rock weight right & hitch left knee (low hitch)
- 4 Pivot ¼ turn right on right foot & step left foot to left side, rocking weight left
- & Rock weight right & hitch left knee (low hitch)
- 5 Pivot ¼ turn right on right foot & step left foot to left side, rocking weight left
- &6 Rock weight on to right, cross left over right
- 7 Pivot ¼ turn left on left foot & step right foot to right side, rocking weight right
- & Rock weight left & hitch right knee (low hitch)
- 8 Pivot ¼ turn left on left foot & step right foot to right side, rocking weight right
- & Rock weight left & hitch right knee (low hitch)

RIGHT & LEFT CROSS LOCKS

- 9 Lock right over left rocking forward on to right foot (bend knees)
- & Rock weight back on to left foot (straighten knees)
- 10 Rock weight forward on to right foot (bend knees)
- 11 Lock left over right rocking forward on to left foot (bend knees)
- & Rock weight back on to right foot (straighten knees)
- 12 Rock weight forward on to left foot (bend knees)

RUNNING MAN STEPS, COASTER STEP

- &13 Slide back on left foot while hitching right knee, cross right over left
- &14 Slide back on right foot while hitching left knee, cross left over right
- & Slide back on left foot while hitching right knee
- 15&16 Step back on right foot, close left beside right, step forward on right foot

SIDE STEPS LEFT WITH HEEL SWIVELS, SAILOR CROSS, SIDE STEPS RIGHT WITH HEEL SWIVELS, SAILOR CROSS

- 17& Step left foot to left side & swivel heels left, swivel heels right
- 18& Swivel heels left, swivel heels right & rock weight on to right
- 19&20 Cross left behind right, step right foot to right side, cross left over right
- 21& Step right foot to right side & swivel heels right, swivel heels left
- 22& Swivel heels right, swivel heels left & rock weight on to left
- 23&24 Cross right behind left, step left foot to left side, cross right over left

WALK FORWARD, SHUFFLE ½ TURN, HEEL SWITCHES, SIDE STEP, SCOOTs FORWARD

- 25-26 Walk forward, left right
- 27&28 Shuffle left right left completing ½ turn right on the spot
- 29& Touch right heel forward, close right beside left
- 30&31 Touch left heel forward, close left beside right, step right foot to right side (shoulder width apart)
- &32 Keeping feet shoulder width apart, scoot forward twice (on both feet)

REPEAT

