

Excercise (Around The World)

拍數: 64 牆數: 2 級數: Improver
編舞者: Diana Bishop (AUS)
音樂: What a Way to Wanna Be! - Shania Twain



- 1-2-3&4 Right 45, brush up to left knee, shuffle forward right-left-right
5-6-7&8 Rock forward onto left, rock back onto right, shuffle back left-right-left
- 1-2-3&4 Turn ¼ to right, touch right toe to side, spread hands out to side of body, turn ¼ to left, drop hands & shuffle forward right-left-right
5-6-7&8 Left 45, brush up to right knee, shuffle forward left-right-left
- 1-2-3&4 Rock forward onto right, rock back onto left, shuffle back right-left-right
5-6-7&8 Turn ¼ to left, touch left toe to side, spread hands out to side of body, turn ¼ to right, drop hands & shuffle forward left-right-left
- 1-2-3-4 Right toe/heel, left toe/heel, right toe/heel, left toe/heel struts
5-6-7-8 Moving forward when doing struts go back & over head to front of body starting with right-left-right-left like swimming)
- 1-2-3-4 Walk backwards on right-left-right-left when waling backwards arm out to sides, shake hand on each step back
5-6-7-8 Right toe touch in front of left, bring right next to left, left toe touch in front of right, bring left next to right
- 1-2-3-4 Kick right across left, lifting arms in air, bring right next to left drop arms to side, kick left across right, lifting arms in air, bring left next to right, drop arms to side
5&6&7&8 Step right to right, slide left next to right, step right to right, slide left next to right (when scooting to the sides arms out shaking hands on last step clap hand together)
- 1&2&3&4 Step left to left, slide right next to left, step left to left, slide right next to left (when scooting to the sides arms out shaking hands on last step clap hand together)
5-6-7&8 Step right forward, turn ½ turn left, triple step on spot right-left-right
- 1-2-3-4 Touch left toe out to 45 degrees left, touch left toe forward, bring left next to right & hold
5-6-7-8 Touch right toe out to 45 degrees right, touch right toe forward, bring right next to left & hold

REPEAT