

Dynamite Legs

拍數: 48 牆數: 2 級數: Improver
編舞者: Darren Bailey (UK)
音樂: Any medium/Fast paced swing piece



SKI MOTION, KICK TWICE

- 1-2 Swivel both knees left and heels right, swivel both knees right and heels left
- 3-4 Kick right foot forward, step right next to left
- 5-6 Swivel both knees right and heels left, swivel both knees left and heels right
- 7-8 Kick left foot forward, step left next right

DIAGONAL STEP CLAPS

- 1-2 Step right foot forward and to the right, touch left foot next to right and clap
- 3-4 Step left foot back and to the left, touch right foot next to left and clap
- 5-6 Step right foot back and to the right, touch left foot next to right and clap
- 7-8 Step left foot forward and to the left, touch right foot next to left and clap

RIGHT AND LEFT SHUFFLES WITH ROCKS

- 1&2 Step right foot to right side, step left foot next to right, step right foot to right side
- 3-4 Rock back on left foot and recover on to right foot
- 5&6 Step left foot to left side, step right foot next to left, step left foot to left side
- 7-8 Rock back on right foot and recover on to left foot

STEP CLICK, TURN CLICK TWICE

- 1-2 Step right foot to right side, touch left foot next to right and raise hands to head height and click
- 3-4 Step left foot to left side making $\frac{1}{4}$ left, touch right foot next to left and raise hands to head height and click
- 5-6 Step right foot to right side, touch left foot next to right and raise hands to head height and click
- 7-8 Step left foot to left side making $\frac{1}{4}$ left, touch right foot next to left and raise hands to head height and click

HEEL STRUTS AND HEEL BUMPS TWICE

- 1-2 Step right heel forward, slap right toe down
- 3-4 Raise right heel and bump heel to floor twice
- 5-6 Step left heel forward, slap left toe down
- 7-8 Raise left heel and bump heel to floor twice

TOE STRUTS TWICE, JUMP FORWARD CLAP, JUMP BACK CLAP

- 1-2 Step right toe forward, slap right heel down
- 3-4 Step left toe forward, slap left heel down
- &5&6 Jump forward with right, foot then left foot, clap hands
- &7&8 Jump back with right, foot then left foot, clap hands

REPEAT
