8 Days Of Christmas



拍數: 32 牆數: 4 級數: Improver

編舞者: Karen Katrea (SG)

音樂: 8 Days of Christmas - Destiny's Child



KICK, OUT, OUT, IN, IN, SWIVEL 1/4 RIGHT, HOOK, FORWARD SHUFFLE

1&2 Kick right out, step right out to the side and left out to the side

Step right in and step left inStep right out and step left out

5&6 Swivel heels left-right-left on toes while turning ¼ right, on count 6 hook right leg over left

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7&8 Forward right shuffle

34 SIDE TOUCHES, CROSS-ROCK RECOVER TWICE, STEP, TOUCH, 1 14 RIGHT TRAVELING TURN, STEP

1-2 Turn ¼ right touching left to the side, turn ½ right touching left to the side

3&4& Cross-rock left over right, recover on right, cross-rock left over right, recover on right (like

bouncing forth and back)

5-6 Step left to the side, drag-touch right beside left

7&8& Step right to the side turning ½ right, step left to the side turning ½ right, step right to the side

turning 1/4 right, step left beside right

STEP AND ROCK BACK (TWICE), PADDLE 1/4 LEFT WITH HIP ROLLS, KICK RIGHT STEP BACK AND STEP FORWARD LEFT

1-2& Step right to the side, drag and rock back on left, recover on right 3-4& Step left to the side, drag and rock back on right, recover on left

5&6& Paddle right foot turning 1/8 left, twice (emphasize on rolling hips in circles)

7&8 Kick right diagonally across left, step right back, step left above right

SWIVEL ½ TURN RIGHT, SIDE-ROCK CROSS, TOE TOUCHES, TOUCH, ¼ LEFT TURN ROLLING HIPS

1&2 Swivel heels right-left-right on toes turning ½ turn right (ending weight on left)

3&4 Rock right to the side, recover on left, cross right over left

Touch left to the side, step left beside right, touch right to the side, step right beside left

7 Touch left to the side

&8 Roll hips to the left turning ½ left, step down on left

REPEAT

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Done on 7th wall (the break when they sing 'oh...' then the chorus starts again)

1-4 Walk right, left, right, left then start the dance all over again