

Double Motion

拍數: 48 牆數: 2 級數: Improver
編舞者: Diann Adams (USA)
音樂: Tee-Ni-Ne-Ni-Noo - Lou Ann Barton



VINE RIGHT, TOUCH, VINE LEFT, TOUCH

- 1-2 Step to the right on right foot; cross left foot behind right and step
- 3-4 Step to the right on right foot; touch left foot next to right
- 5-6 Step to the left on left foot; cross right foot behind left and step
- 7-8 Step to the left on left foot; touch right foot next to left

KICK-STEP-POINTS, HITCHES, TOUCHES

- 9&10 Kick right foot forward; step right foot next to left; point (touch) left toe to the left
- 11-12 Hitch left knee inward toward right leg; touch left foot next to right
- 13&14 Kick left foot forward; step left foot next to right; point (touch) right toe to the right
- 15-16 Hitch right knee inward toward left leg; touch right foot next to left

MONTEREY TURNS

- 17-18 Touch right toe to the right; pivot ½ turn to the right on ball of left and step right foot next to left
- 19-20 Touch left toe to the left; step left foot next to right
- 21-22 Touch right toe to the right; pivot ½ turn to the right on ball of left and step right foot next to left
- 23-24 Touch left toe to the left; step left foot next to right

KICK-BALL-POINT BEHIND, HALF TURN

- 25&26 Kick right foot forward; step on ball of right foot next to left; touch left foot back
- 27-28 Pivot ½ turn to the left on balls of both feet on these steps

KNEE ROCKS, HIP BUMPS

- 29-32 Bring right knee forward and diagonally to the left; bring knee back to place, bring right knee forward and diagonally to the left; bring knee back to place
- 33-36 Step forward and diagonally to the right on right foot and bump hips (4 times)
- 37-40 Step forward and diagonally to the left on left foot and bump hips (4 times)

HIP ROLLS WITH PADDLE TURNS

- 41-42 Touch right toe forward as you change weight to right; on ball of left foot, pivot ¼ turn to the left while rotating hips (left to right) in a circular motion
- 43-44 Touch right toe forward as you change weight to right; on ball of left foot pivot ¼ turn to the left while rotating hips (left to right) in a circular motion
- 45-46 Touch right toe forward as you change weight to right; on ball of left foot pivot ¼ turn to the left while rotating hips (left to right) in a circular motion
- 47-48 Touch right toe forward as you change weight to right; on ball of left foot, pivot ¼ turn to the left while rotating hips (left to right) in a circular motion

REPEAT