

Down To The Bottom

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Gerda Klein (NL)
音樂: Down to the bottom - Rene Shuman



VINE RIGHT, KICK, VINE LEFT, KICK

- 1 Right foot step to right side
- 2 Left foot cross behind right
- 3 Right foot step to right side
- 4 Left foot kick diagonal forward

- 5 Left foot step to left side
- 6 Right foot cross behind left
- 7 Left foot step to left side
- 8 Right foot kick diagonal forward

LUNGE, HEEL BOUNCES, CROSS, UNWIND

- 9 Right foot lunge diagonal forward, lean forward
- & Right foot heel up
- 10 Right foot heel down
- & Right foot heel up
- 11 Right foot heel down
- & Right foot heel up
- 12 Right foot heel down

- & Weight to left foot
- 13 Right foot touch toes crossed behind left
- 14 Hold
- 15 Turn ½ right
- 16 Hold

HIP BUMPS RIGHT, LEFT, HIP ROLLS

- 17 Right foot step to right side, bump hips right
- 18 Bump hips right
- 19 Bump hips left
- 20 Bump hips left

- 21-22 Rotate hips left
- 23-24 Rotate hips left

STEP, TOUCH & CLAP, STEP, TOUCH & CLAP, SHUFFLE BACKWARD, ROCK STEP BACKWARD

- 25 Right foot step diagonal forward
- 26 Left foot touch next to right, clap
- 27 Left foot step diagonal forward
- 28 Right foot touch next to left, clap

- 29 Right foot step back
- & Left foot step next to right
- 30 Right foot step back
- 31 Left foot rock back
- 32 Right foot recover weight

¼ MONTEREY TURN, ½ MONTEREY TURN

- 33 Left foot touch toes to left side
- 34 Turn ¼ left, left foot step next to right
- 35 Right foot touch toes to right side
- 36 Right foot step next to left

- 37 Left foot touch toes to left side
- 38 Turn ½ left, left foot step next to right
- 39 Right foot touch toes to right side
- 40 Right foot step next to left

TOE-HEEL STRUTS LEFT, RIGHT & FINGER SNAPS, LUNGE & SHIMMY, STEP TOGETHER, CLAP

- 41 Left foot touch toes forward
- 42 Left foot heel down, snap
- 43 Right foot touch toes forward
- 44 Right foot heel down, snap

- 45 Left foot lunge to left side, shimmy
- 46 Shimmy
- 47 Left foot step next to right
- 48 Clap

REPEAT

RESTART

After the 4th wall (12:00) repeat the last 32 counts (17 - 48) of the dance. Start the dance again from count 1.
