

Do The Locomotion

拍數: 36 牆數: 4 級數:
編舞者: Brian Dalton (UK)
音樂: Do The Locomotion



ROCK FORWARD, RECOVER, ROCK BACK, RECOVER

- 1 Rock forward on the right foot
- 2 Recover the weight back to the left foot
- 3 Rock backward on the right foot
- 4 Recover the weight back onto the left foot

TWO FORWARD TRIPLET STEPS WITH THE LOCOMOTION

- 5&6 Forward triplet (cha) steps, right foot, left foot, right foot
 - 7&8 Forward triplet (cha) steps left foot, right foot, left foot
- Pump the arms like locomotive pistons as you triplet**

TAP RIGHT HEEL FORWARD, HITCH A QUARTER LEFT, REPEAT

- 9 Tap the right heel forward
- 10 Hitch the right knee up while turning $\frac{1}{4}$ turn left
- 11 Tap the right heel forward
- 12 Hitch the right knee up while turning $\frac{1}{4}$ turn left

ROCK FORWARD, RECOVER, ROCK BACK, RECOVER

- 13 Rock forward on the right foot
- 14 Recover the weight back to the left foot
- 15 Rock backward on the right foot
- 16 Recover the weight back onto the left foot

TWO FORWARD TRIPLET STEPS WITH THE LOCOMOTION

- 17&18 Quick forward triplet (cha) steps, right foot, left foot, right foot
 - 19&20 Quick forward triplet (cha) steps left foot, right foot, left foot
- Pump the arms like locomotive pistons as you triplet**

SKIP THREE TIMES, CLAP AS YOU TURN $\frac{1}{4}$ LEFT

- 21 Skip to tap the right heel forward
- 22 Skip to land the weight on the right foot while tapping the left foot forward
- 23 Skip to land the weight on the left foot while tapping the right foot forward
- 24 While pivoting the whole body $\frac{1}{4}$ turn left, clap hands

GYRATE HIPS TO THE LEFT

- 25-28 Gyrate the hips in a left circular motion

JAZZ BOX WITH A QUARTER TURN RIGHT

- 29 Step the right foot across in front of the left foot
- 30 Step left foot back
- 31 Step right foot to right side as you turn $\frac{1}{4}$ turn right
- 32 Close left foot to right

JAZZ BOX WITH A QUARTER TURN RIGHT

- 33 Step the right foot across in front of the left foot
- 34 Step left foot back
- 35 Step right foot to right side as you turn $\frac{1}{4}$ turn right

REPEAT
