Cuttin' A Rug



拍數: 40 牆數: 2 級數:

編舞者: Barry Amato (USA) 音樂: Fifty-Fifty - Keith Stegall



SIDE STEP, CROSS STEP, KICKS

1 Step to the right with right foot

- 2 Crossing in front of right foot, step to the right with left foot
- 3 Kick right foot forward
- 4 Kick right foot to the right side
- Step right foot home
 Kick left foot forward
 Kick left to left side
 Step left foot home

HITCH TOUCH BACK, HITCH, TOUCH, STEP, HITCH, 1/4 TURN

9	While crossing arms, hitch right knee
10	Uncrossing arms, touch right toe back

- 11 Repeat step 9
- 12 Uncrossing arms, step right foot home
- Touch left ball in frontStep forward on left foot
- While making ¼ turn to left, hitch right knee an both hands
- 16 Touch right foot home

ARM THRUSTS, ARM BENDS, TOUCH BACK & ARM SWINGS

17	Make a fist, thrust right arm straight forward
18	Making a fist, thrust left arm straight forward

- Bring right fist back, bending arm
 Bring left fist back, bending arm
- 21 While swinging arms down and back, touch right toe back and to the left
- 22 Step right foot home
- While swinging arms down and back, touch left toe back and to the right
- 24 Step left foot home

WALK, SYNCOPATED OUT, SYNCOPATED IN

25	Walk forward on right foot
26	Walk forward on left foot
&	Step to right on right foot

27 Step to left on left foot and snap right and left fingers straight out in front

Step right foot home
Step left foot home
Repeat 25 thru 28

KICK, STEP BACK, LOOK, LOOK, HIP SCOOPS, KICK BALL CHANGE (1/4 TURN)

33	Kick right foot forward
34	Step right foot back

35 Look back 36 Look forward 37 Hip scoop

38 Hip scoop, taking weight to left foot

39 Kick right foot forward

& Step on right foot while making ¼ turn to left

40 Step on left foot

REPEAT