

Crazy Legs

拍數: 40 牆數: 0 級數:
編舞者: Greg Underwood (USA)
音樂: Southern Cookin' - Mac Davis



STOMP, KICK, CROSS, KICK, FLIP, KICK, CROSS:

- 1 Stomp (up) with right foot next to left foot
- & Kick right foot forward
- 2 Hook right foot across in front of left ankle
- & Kick right foot forward
- 3 Flip right foot out to right side
- & Kick right foot forward
- 4 Hook right foot across in front of left ankle

SIDE-TOGETHER-SIDE, SLIDE, STOMP-STOMP:

- 5 Step to right side with right foot
- & Step together with left foot
- 6 Step to right side with right foot
- 7 Slowly slide left toe next to right foot
- & Stomp (down) with left foot next to right foot
- 8 Stomp (down) with right foot next to left foot

STOMP, KICK, CROSS, KICK, FLIP, KICK, CROSS:

- 9 Stomp (up) with left foot
- & Kick left foot forward
- 10 Hook left foot across in front of right ankle
- & Kick left foot forward
- 11 Flip left foot out to left side
- & Kick left foot forward
- 12 Hook left foot across in front of right ankle

SIDE-TOGETHER-SIDE, SLIDE, STOMP-STOMP:

- 13 Step to left side with left foot
- & Step together with right foot
- 14 Step to left side with left foot
- 15 Slowly slide right toe next to left foot
- & Stomp (down) with right foot next to left foot
- 16 Stomp (down) with left foot next to right foot

SHUFFLE RIGHT-LEFT-RIGHT, PIVOT TURN:

- 17 Step forward with right foot
- & Step together with left foot
- 18 Step forward with right foot
- 19 Touch left toe forward
- 20 Pivot ½ turn right on ball of right foot

SHUFFLE LEFT-RIGHT-LEFT, PIVOT TURN:

- 21 Step forward with left foot
- & Step together with right foot
- 22 Step forward with left foot
- 23 Touch right toe forward

24 Pivot ½ turn left on ball of left foot

STEP TOGETHER, OUT-OUT, TOES-HEELS-TOES:

25 Step together with right foot
& Step to left side with left foot, toe pointed out
26 Step to right side with right foot, toe pointed out
27 Rotate both toes inward
& Rotate heels inward
28 Rotate toes inward (feet together)

POINT RIGHT, LEFT, HEEL FORWARD, TOE BACK:

29 Point right toe to right side
& Place right foot next to left foot
30 Point left toe to left side
& Place left foot next to right foot
31 Touch right heel forward
& Place right foot next to left foot
32 Touch left toe back

KNEE UP, KICK BACK, KNEE UP-STEP BACK-STEP FORWARD

33 Lift left knee forward
34 Kick left foot backwards
35 Lift left knee forward
& Step back with left foot
36 Step forward with right foot

PIVOT TURN, TOGETHER, TWIST-TWIST

37 Step left foot forward
38 Pivot ½ turn right on ball of right foot
39 Step forward with left foot
& Twist on balls of both feet ½ turn right
40 Twist on balls of both feet ¼ turn left, weight ends on left foot

REPEAT
