

Checkin' In

拍數: 32 牆數: 4 級數: Beginner
編舞者: Stella Wilden (UK) & Rija Falkenberg
音樂: I'm Checking In To The Lost & Found - River Gibbs



RIGHT, TOUCH, LEFT, TOUCH, RIGHT, TOUCH, LEFT, TOUCH

- 1 Right foot step to side right
- Wave arms above head from left to right over count 1 & 2**
- 2 Left foot touch beside right foot
- 3 Left foot step to side left
- Wave arms above head from right to left over count 3 & 4**
- 4 Right foot touch beside left
- 5 Right foot step to side right
- Wave arms above head from left to right over count 5 & 6**
- 6 Left foot touch beside right foot
- 7 Left foot step to side left
- Wave arms above head from right to left over count 7 & 8**
- 8 Right foot touch beside left

WALK FORWARD, RIGHT, LEFT, RIGHT, LEFT, DOWN, DOWN, UP, UP

- Hold waists or anything else you can grab
- 1 Right foot step forward (small step)
 - 2 Left foot step forward (small step)
 - 3 Right foot step forward (small step)
 - 4 Left foot step forward (small step)
 - 5 Stomp forward right foot (as if going down stairs)
 - 6 Stomp forward left foot (going down a little more)
 - 7 Stomp forward right foot (coming up slightly)
 - 8 Stomp forward left foot (raising to full height)

STEP ½ TURN LEFT, RIGHT SHUFFLE, LEFT SHUFFLE

- 1 Step forward right foot
- 2 Turn ½ turn to left transferring weight to left foot
- 3&4 Shuffle forward right, left, right
- 5&6 Shuffle forward left, right, left
- 7 Step forward on right foot
- 8 Pivot ¼ turn to left transferring weight to left foot

RIGHT, SLIDE, LEFT, SLIDE

- 1 Right foot step to side right
- 2-3-4 Slide left foot to right foot
- 5 Left foot step to side left
- 6-7-8 Slide right foot next to left

REPEAT

OPTIONAL FUNKY ENDING:

- 1 Right foot step to right side weight ends on right foot
- 2 Move body down
- 3 Move body and weight across to right foot (center)
- 4 Right foot close to left foot raise body upwards
- 5 Left foot step to left side weight ends on right foot

- 6 Move body down
 - 7 Move body and weight across to left foot (center)
 - 8 Left foot close to right foot weight ends on left foot
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