Chickens Only, Please!

級數: Beginner

編舞者: Barbara R. K. Wallace (CAN)

音樂: Ain't Nobody Here But Us Chickens - Asleep at the Wheel

RIGHT HEEL, LEFT HEEL, LINDY RIGHT

拍數: 32

- 1-2 Touch the right heel forward, step right foot beside left foot
- 3-4 Touch the left heel forward, step left foot beside right foot
- 5&6 Side shuffle right, left, right
- 7-8 Rock back on the left foot, recover on the right

LEFT HEEL, RIGHT HEEL, LINDY LEFT

- 9-10 Touch the left heel forward, step left foot beside the right foot
- 11-12 Touch the right heel forward, step right foot beside left foot
- 13&14 Side shuffle left, right, left
- 15-16 Rock back on the right foot, recover on the left

HUSTLE FORWARD, ¼ TURN LEFT, HUSTLE BACK

- Walk forward right, left, right, then make a ¼ turn to the left (weight is on your right foot and 17-20 the left foot is in the air now)
- 21-24 Walk back left, right, left and hold (weight is on your left foot and the right foot is in the air)

VINE 8 ON THE SPOT

- 25-27 Step side right, left foot behind, step side right
- 28-30 Step side left, right foot behind, step side left
- 31-32 Step right foot in place, step left foot in place (weight ends on your left foot, leaving the right foot free to start the dance again)

REPEAT

This dance was choreographed in September, 2001 for the Blazing Boots First Annual Fall Workshop, held in Oshawa, Ontario on October 13, 2001 and is dedicated to my two sons Andrew and Michael.





牆數:4