

Chug A Lug

拍數: 48 牆數: 0 級數:
編舞者: Jo Thompson Szymanski (USA)
音樂: Wink - Neal McCoy



- 1-2 Bring left knee up, slap with both hands, put left foot down
3-4 Bring left knee up, slap, put left foot down, change weight
5-6 Bring right knee up, slap, put right foot down
7-8 Bring right knee up, slap, put right foot down, change weight
- 9-10 Step forward on left foot, kick forward with right, doing a half turn to the left,
11-12 Step forward with right foot, raise left knee, chug forward (hop) on right
13-14 Chug on right again, step down on left
15-16 Raise right knee and chug forward on left, chug on left again

RIGHT GRAPEVINE

- 17-18 Step out to right with right foot, step behind right with left foot
19-20 Step out to right with right foot, raise left knee and hop on right foot

LEFT GRAPEVINE

- 21-22 Step out to left with left foot, step behind left with right foot
23-24 Step out to left with left foot, raise right knee and hop on left foot
25-26 Step forward on right foot, slide left foot to meet right foot
27-28 Step forward on right foot, pivot half turn to right
29-30 Step forward on left foot, slide right foot to meet left foot
31-32 Step forward on left foot, stomp right foot next to left foot

LEFT SWIVELS

- 33-34 With weight on balls of feet, turn heels to left, with weight on heels, turn toes to left
35-36 With weight on balls of feet, turn heels to left, clap

RIGHT SWIVELS

- 37-38 With weight on balls of feet, turn heels to right, with weight on heels, turn toes to right
39-40 With weight on balls of feet, turn heels to right, clap, (keep weight on left foot,)

PADDLE STEP HALF TURN

- 41 Step out with right foot slightly in front, and turn a little to left
42 Bring foot back in next to left, but don't put down
43 Step out with right foot slightly in front, and turn a little to left
44 Bring foot back in next to left, but don't put down
45 Step out with right foot slightly in front, and turn a little to left
46 Bring foot back in next to left, but don't put down
47 Step out with right foot slightly in front, and turn a little to left
48 Stomp right foot next to left

REPEAT