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