

Clean Up To The Elbow!

拍數: 32 牆數: 4 級數: Beginner
編舞者: Guyton Mundy (USA)
音樂: Amos Moses - Jerry Reed



WALKS, FORWARD SAILORS (TWICE), ½ TURNING TRIPLE STEP

1-2 Walk forward right, left
3&4 Step right behind left, step left together, step right in forward
5&6 Step left behind right, step right together, step left in forward
7&8 Step right foot back, turn ¼ right and step left foot together, turn ¼ right and step right foot forward

WALKS, SHUFFLES, ROCK/RECOVER, ¾ TURN

1-2 Walk forward left, right
3&4 Shuffle forward left, right, left
5-6 Rock forward on right, recover back on left
7-8 Step back on right while making a ¼ turn to the right, make a ½ turn to the right while stepping left to left side

SYNCOPATED VINE, ROCK/RECOVER, SAILOR, SCUFF, ½ TURN, HITCH

1&2 Step right behind left, step left to left side, cross right in front of left
3-4 Rock left to left side, recover right
5&6 Step left behind right, step right together, step left forward
7&8 Scuff right foot forward while making ¼ turn left, scuff right foot back while making ¼ turn left, step back on right while hitching left leg up

STEP, ½ TURN SAILORS, STEP, POINT, CROSS, KICK, BALL

1 Step forward on left
2&3 Step right behind left, step left together, step right forward while making ¼ turn left
4&5 Step left behind right, step right together, step left forward while making ¼ turn left
6 Step forward on right
7&8& Kick left heel forward, hitch left across right, kick left foot forward, step on ball of left foot

Transition from end of dance to beginning is a kick ball change on counts 8&1

REPEAT