

Catch The Spirit

拍數: 32 牆數: 4 級數:
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK)
音樂: The Spirit of the Hawk - Rednex



RIGHT SYNCOPATED CROSS ROCK & RECOVER, LEFT SYNCOPATED CROSS ROCK & RECOVER, ½ PIVOT LEFT, STEP RIGHT & LEFT

1&2 Cross step right over left, step left in place, step right together
3&4 Cross step left over right, step right in place, step left together
5-6 Step right foot forward, ½ pivot turn left
7-8 Step right foot in place, step left foot in place

"THE SPIRIT OF THE HAWK"

1 Stretch left arm forward at shoulder level making a fist with the hand while the right fist is in towards the left inside elbow
2&3 Keeping hands in fists roll right arm over left twice
4 Take both arms out at shoulder level, elbows bent, fingers toward the ceiling, palms facing towards you, thumbs outstretched at right angles
5 Bring both hands in front of you crossing left over right keeping thumbs approximately 9 inches apart with hands in same position (i.e., palms towards you with thumbs out)
6 Bring both hands together and interlock thumbs
Hands should now be in a position resembling the wings of a bird
7-8 Flap fingers forward and back

RIGHT SHUFFLE FORWARD, LEFT FORWARD ½ TURN RIGHT, HITCH LEFT, STEP FORWARD RIGHT TOGETHER LEFT, RIGHT OUT, LEFT OUT, RIGHT IN, LEFT IN

1&2 Step right foot forward, step left foot together, step right foot forward
3-4 Step left foot forward, turn ½ right hitching up right knee
5-6 Step right foot forward, step left together
&7 Step right foot apart, step left foot apart
&8 Step right foot in, step left foot together

RIGHT HEEL, LEFT TOE WITH 1/8 TURN RIGHT (TWICE), RIGHT SIDE SHUFFLE, RIGHT SYNCOPATED CROSS ROCK & RECOVER

&1&2 Step on right foot, touch left heel forward, making a 1/8 turn right step down on left foot, touch right toes to left heel
&3&4 Step on right foot, touch left heel forward, making a 1/8 turn right step down on left foot, touch right toes to left heel
5&6 Step right foot to right side, step left foot next to right, step right foot to right side
7&8 Cross step left over right, step right in place, step left together

REPEAT
