

Caterpillar Crawl

拍數: 30 牆數: 2 級數: Beginner
編舞者: Melanie Greenwood (USA) & The Moffatts (USA)
音樂: Caterpillar Crawl - The Moffatts



Position: Stand behind the next dancer close enough so you can put your hands on that dancer's shoulders (think caterpillar). Start with feet slightly apart, knees slightly bent. Arms are out to side, parallel with the floor, elbows bent. Begin the dance after the Hellos and 6 counts.

- 1 Lift right arm and lower left arm; dip knees to right
- 2 Lift left arm and lower right arm; dip knees to left
- 3 Lift right arm and lower left arm; dip knees to right
- 4 Lift left arm and lower right arm; dip knees to left

CRAWL - PUT HANDS ON THE SHOULDERS IN FRONT OF YOU.

- 5 Step right foot forward
- 6 Step left foot in place
- 7 Step right foot to right side
- 8 Step left foot in place
- 9 Step forward on right foot and dip right shoulder
- 10 Step forward on left foot and dip left shoulder
- 11 Step forward on right foot and dip right shoulder
- 12 Step forward on left foot and dip left shoulder
- 13 Step forward on right foot and dip right shoulder
- 14 Step forward on left foot and dip left shoulder

HALF-TURN

- 15 Step right toe forward, pivot ½ turn to left and drop arms to sides
- 16 Step left foot in place to complete turn
- 17 Stomp right foot next to left
- 18 Clap hands

HEEL FANS AND KNEE DIPS

- 19 With feet together, fan heels out
- 20 Bring heels back together
- 21 Dip both knees to right
- 22 Dip both knees to left

RIGHT SIDE-STEPS

- 23 Step right foot to right side, dip right shoulder
- 24 Step left foot next to right, straighten shoulders
- 25 Step right foot to right side, dip right shoulder
- 26 Touch left foot next to right, straighten shoulders

LEFT SIDE-STEPS

- 27 Step left foot to left side, dip left shoulder
- 28 Step right foot next to left, straighten shoulders
- 29 Step left foot to left side, dip left shoulder
- 30 Step right foot next to left, straighten shoulders

REPEAT

