

Centrifugal Motion

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Elaine Morgan (USA)
音樂: This Kiss - Faith Hill



TOE-HEEL

- 1 Touch right toe next to left foot
- 2 Touch right heel next to left foot

SHUFFLE & TURN

- 3&4 Right shuffle forward: step right foot forward, step left foot next to right, step right foot forward
- 5 Step left foot forward
- 6 Make $\frac{1}{2}$ turn to right, shifting weight to right foot

TOE-HEEL

- 7 Touch left toe next to right foot
- 8 Touch left heel next to right foot

SHUFFLE & TURN

- 9&10 Left shuffle forward: step left foot forward, step right foot next to left, step left foot forward
- 11 Step right foot forward
- 12 Make $\frac{1}{2}$ turn to left, switching weight to left foot

ROCK STEPS

- 13 Step right foot forward
- 14 Rock back on left foot
- 15 Step right foot back
- 16 Rock forward on left foot

STEP HITCH

- 17 Step right foot forward
- 18 Hitch left knee up and make a small hop on right foot (like a skip)
- 19 Step left foot forward
- 20 Hitch right knee up and make a small hop on left foot

ROLLING VINE

- 21 Step right foot to right, making $\frac{1}{2}$ turn to right
- 22 Step left foot beyond right foot, beginning another $\frac{1}{2}$ turn to right
- 23 Step right foot next to left, finishing $\frac{1}{2}$ turn (facing original wall)

The rolling vines in steps 21-23 and steps 30-32 should be one smooth move, making a complete turn in three steps

ROCK STEP

- 24 Step left foot forward
- 25 Rock back on right foot

STEP HITCH

- 26-27 Repeat steps 19-20
- 28-29 Repeat steps 17-18

ROLLING VINE

- 30 Step left foot to left, making $\frac{1}{2}$ turn to left

- 31 Step right foot beyond left foot, beginning another $\frac{1}{2}$ turn to left
32 Step left foot next to right, finishing $\frac{1}{2}$ turn (facing original wall)

ROCK STEP

- 33 Step right foot forward
34 Rock back on left foot

SHUFFLE BACK

- 35&36 Right shuffle back: step right foot back, step left foot next to right, step right foot back
37&38 Left shuffle back: step left foot back, step right foot next to left, step left foot back

HALF TURN

- 39 Cross-step right foot behind left
40 Make $\frac{1}{2}$ turn to right, unwinding legs and switching weight to left foot

THREE-QUARTER TURN

- 41 Cross right foot in front of left
42 Make $\frac{3}{4}$ turn to left, unwinding legs and switching weight to left foot

HIP BUMPS

- 43-44 Bump hips to right twice
45-46 Bump hips to left twice
47-48 Bump hips to right, then left

REPEAT
