

Chain Of Fools

拍數: 32 牆數: 2 級數: Beginner
編舞者: Esella Thompson (USA) - February 1998
音樂: Chain of Fools - Fantasia



Show some attitude-use your knees & use your hips!

***1 Tag – No restarts**

Step to the Side & Mambo

1,2 Step side right, Step together with left
3,&,4 Step side right, recover left, step together with right
5,6 Step side left, Step together with right
7&8 Step side left, recover right, step together with left

9-12 Repeat counts 1-4

13-16 Repeat counts 5-8

Step Slide, ¼ turn

17 Step forward right bending knee, straighten left knee & pop left hip
18 Slide left instep to right heel
19-20 Repeat 17-18
21 Step forward right & pop left hip back
22-23 Swivel hips, rise on the balls of both feet, while turning to the left ¼ turn
24 Weight lands on the left heel and right knee pops in

Heels, Points, ¼ turn

25 Right heel down left knee pops in
26 Left heel down right knee pops in
27 Point right toe forward
& Right back to center
28 Point left toe forward
& Left back to center
29 Step forward right
30 ¼ pivot turn to left
31 Step forward right
32 Bring left together with right & clap

REPEAT

TAG: After Wall 7, for 6 counts bounce bending knees and clapping

1 Hands up
2 Clap
3-4 Repeat 1 & 2
5-6 Repeat 1 & 2

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