

Char-Broiled

拍數: 40 牆數: 2 級數: Intermediate
編舞者: Katrina Robinson (USA)
音樂: Walkin' On the Sun - Smash Mouth



Won 1st Place Original Choreography, Tarheel Dance Classic, 1999

SYNCOPATED JUMPING JACKS

- 1& (With weight balanced on both feet) jump out (feet shoulder length apart); bring feet together
- 2& Jump out turning $\frac{1}{4}$ to right; bring feet together turning $\frac{1}{4}$ left (12:00)
- 3& Jump out, bring feet together
- 4 Jump out turning $\frac{1}{4}$ to left (left foot in front of right; weight balanced on both feet) (9:00)

4 COUNT BODY ROLL

- 5 Roll body forward starting with head
- 6 Shoulder
- 7 Hips
- 8 Knees (body roll ends with weight on right)

Styling: on eighth count, slap right buttock with right hand

& TOE & HEEL & TOE, STEP, TOUCH

- &1 Step left slightly forward; touch right toe behind left
- &2 Step right back; touch left heel forward
- &3 Step left in place; touch right behind left
- &4 Side step right; side touch left

Feet shoulder's distance apart; weight on right

SYNCOPATED VINE LEFT

- &5 Side step left; step right behind left
- &6 Side step left; step right in front of left
- &7 Side step left; step right behind left
- &8 Side step left; touch right beside left

Styling: on "&8," touch forefinger of right hand to tongue & touch right buttock, giving "sizzling hot" effect

STEP $\frac{1}{4}$ RIGHT, STEP, PIVOT $\frac{1}{2}$ LEFT, KICK LEFT

- 1 Step right $\frac{1}{4}$ right (12:00)
- 2 Step left
- 3 Step right pivoting $\frac{1}{2}$ turn left (6:00)
- 4 Kick left

Styling: on counts 1,2,3 with elbows bent at sides, shake hands with fingers pointing to floor. On ct 4, make your final shake more pronounced. (looks like you are air-drying your hands.)

WALK BACK LEFT-RIGHT-LEFT, TOUCH RIGHT

- 5 Step left back
- 6 Step right back
- 7 Step left back
- 8 Touch right beside left (weight on left)

Styling: snap fingers and swing hips right-left-right-left or mash potato backwards for 4 counts

STEP TOUCH, STEP TOGETHER

- 1 Side step right
- 2 Touch left beside right

- 3 Side step left
- 4 Step right beside left (weight on left)

Optional: step slides

HIP SWINGS LEFT-RIGHT-LEFT-RIGHT

- 5 Moving body down, swing hips left
- 6 Swing hips right
- 7 Moving body up, swing hips left
- 8 Swing hips right (weight on left)

Fluent motion, bend knees-should achieve a "snake-like effect."

SYNCOPATED ROCK STEPS WITH "RAISE THE ROOF ARMS"; TOUCH BACK

- 1& Rock right forward; recover left
- 2& Rock right back; recover left
- 3& Rock right forward; recover left
- 4 Touch right back (weight on left)

While rocking, arms are up in front of you, bent at the elbows, palms open and facing the ceiling. Push the palms up on the numbered counts and down on the "&" counts---raising the roof

STEP TOUCHES BACK

- 5 Step right back at 45 degree right angle
- 6 Touch left beside right
- 7 Step left back at 45 degree left angle
- 8 Touch right beside left

REPEAT
