

Camel Walk

拍數: 44 牆數: 4 級數: Improver
編舞者: Roy Greene (USA)
音樂: Camel Walk - Southern Culture On the Skids



CAMEL WALK / CAMEL WALK / CAMEL WALK / CAMEL WALK

(moving in a forward progression)

- 1 Bend both knees, weight on left foot
- 2 Straighten up, extending right heel forward about 12", weight remaining on left foot
- 3 Step right foot down, weight on it, and bend both knees
- 4 Straighten up, extending left heel forward about 12", weight remaining on right foot
- 5 Step left foot down, weight on it, and bend both knees
- 6 Straighten up, extending right heel forward about 12", weight remaining on left foot
- 7 Step right foot down, weight on it, and bend both knees
- 8 Straighten up, extending left heel forward, weight remaining on right foot

LEFT / SLIDE / STEP / TOUCH

(for fun and silliness, try doing these moves with the same type of 'bent knee move' like in the Camel Walk)

- 9 Step left foot to left side, weight on it
- 10 Slide right foot to meet left foot, weight on right foot
- 11 Step left foot to left side, weight on it
- 12 Weight remaining on left foot, touch right foot next to left foot

RIGHT / SLIDE / STEP / TOUCH

(for fun and silliness, try doing these moves with the same type of 'bent knee move' like in the Camel Walk)

- 13 Step right foot to right side, weight on it
- 14 Slide left foot to meet right foot, weight on left foot
- 15 Step right foot to right side, weight on it
- 16 Weight remaining on right foot, touch left foot next to right foot

OUT-OUT / HOLD / IN-IN / HOLD

- & Step left foot out to left side, weight on it
- 17 Step right foot out to right side, weight on it
- 18 Hold
- & Step right foot home, weight on it
- 19 Step left foot home, weight on it
- 20 Hold

OUT -OUT / IN-IN / OUT -OUT / IN-IN

- & Step right foot out to right side, weight on it
- 21 Step left foot out to left side, weight on it
- & Step right foot home, weight on it
- 22 Step left foot home, weight on it
- & Step right foot out to right side, weight on it
- 23 Step left foot out to left side, weight on it
- & Step right foot home, weight on it
- 24 Step left foot home, weight on it

STEP / SLIDE / STEP / TOUCH

- 25 Step right foot forward, weight on it
- 26 . Slide left foot up to meet right foot, weight on left foot

- 27 Step right foot forward, weight on it
28 Weight remaining on right foot, touch left toe next to right foot

BACK, TOUCH / TURN, TOUCH / TURN, TOUCH / TURN, TOUCH

- 29 Step left foot back, weight on it
30 Weight remaining on left foot, touch right toe next to left foot
31 Turn $\frac{1}{4}$ right by stepping right foot $\frac{1}{4}$ right, weight on it
32 Weight remaining on right foot, touch left toe next to right foot
33 Turn $\frac{1}{4}$ right by stepping left foot back and $\frac{1}{4}$ to right, weight on it

34 Weight remaining on left foot, touch right toe next to left foot
35 Turn $\frac{1}{4}$ right by stepping right foot $\frac{1}{4}$ right, weight on it
36 Weight remaining on right foot, touch left toe next to right foot

LEFT VINE AND KICK

- 37 Step left foot to left side, weight on it
38 Cross right foot behind left foot, weight on right foot
39 Step left foot to left side, weight on it
40 Weight remaining on left foot, kick right foot forward

RIGHT VINE AND KICK

- 41 Step right foot to right side, weight on it
42 Cross left foot behind right foot, weight on left foot
43 Step right foot to right side, weight on it
44 Weight remaining on left foot, kick left foot forward

REPEAT
