

Canned Heat

拍數: 32 牆數: 4 級數: Improver
編舞者: John Robinson (USA)
音樂: Canned Heat - Jamiroquai



RIGHT VINE, LEFT TOUCH, HIP BUMPS LEFT-RIGHT-LEFT-RIGHT

1-2 Right step side right; left step across behind right
3-4 Right step side right; left touch next to right
5-6 Bump hips left; bump hips right
7-8 Bump hips left; bump hips right (weight on right foot)

LEFT STEP ¼ TURN LEFT, RIGHT STEP ¼ TURN LEFT, LEFT ROCK, RIGHT RECOVER, LEFT, STEP FORWARD, RIGHT TOGETHER, SYNCOPATED KNEE KNOCK

1-2 Left step ¼ turn left; pivot ¼ left on ball of left foot stepping right foot about shoulder width apart from left
3-4 Left rock ball of foot behind right heel; right step in place
5-6 Left step forward; right step next to left
&7&8 With weight on left foot, bend knees outward slightly, bend knees inward, bend knees outward slightly, bend knees inward

Option: click heels twice on &7&8. With weight primarily on left foot, spread heels, click together, spread heels, click heels together

WALK RIGHT, LEFT, RIGHT KICK, STEP HOME, LEFT TOE TAP BACK, STEP HOME, RIGHT STEP FORWARD, ½ PIVOT LEFT

1-2 Right step forward; left step forward
3-4 Right kick forward; right step next to left
5-6 Left toe tap back; left step next to right
7-8 Right step forward; pivot ½ left shifting weight left

WALK RIGHT, LEFT, RIGHT KICK, STEP HOME, LEFT TOE TAP BACK, STEP HOME, RIGHT STEP FORWARD, ¼ PIVOT LEFT

1-2 Right step forward; left step forward
3-4 Right kick forward; right step next to left
5-6 Left toe tap back; left step next to right
7-8 Right step forward; pivot ¼ left shifting weight left

REPEAT