

Captured

拍數: 38 牆數: 1 級數: Improver
編舞者: Louise Jolly (UK)
音樂: Outlaw of the Heart - Dave Sheriff



TOUCH RIGHT, HITCH & CLAP X 4

1&2& Touch right toe to right side, hitch right knee and clap hands at same time
3&4& Touch right toe to right side, hitch right knee and clap hands at same time

VINE RIGHT WITH KICK, VINE LEFT WITH KICK

5-6 Step right to right side, step left behind right
7-8 Step right to right side, kick left forward at 45 degree left
9-10 Step left to left side, step right behind left
11-12 Step left to left side, kick right forward at 45 degree right

STEP PIVOT ¼, LEFT SHUFFLE

13-14 Step forward on right, on balls of feet pivot ¼ turn right
15&16 Shuffle forward left, right, left

ROCK STEPS RIGHT & LEFT & BACK, HEEL AND HOOK

17&18 Rock right to right side, recover on left, bring right next to left
19&20 Rock left to left side, recover on right, bring left next to right
21&22 Rock back on right, recover on left, bring right next to left
23-24 Touch left heel forward at 45 degree left, hook left across right knee

STEP, BEHIND, SHUFFLE WITH ¼ TURN LEFT

25-26 Step left to left side, step right behind left
27&28 Left shuffle making ¼ turn left on first step

CHUGS STEPS X 4

29& Step forward on right, pivot ¼ turn left on ball of left foot clapping at same time
30& Step forward on right, pivot ¼ turn left on ball of left foot clapping at same time
31& Step forward on right, pivot ¼ turn left on ball of left foot clapping at same time
32& Step forward on right, pivot ¼ turn left on ball of left foot clapping at same time

HOOKS AND CLAPS, SHOULDER PUSHES

33& Hook right leg behind left and slap right heel with left hand, replace right next to left
34& Hook left in across right knee and slap left heel with right hand replace left next to right
35-38 Push shoulders forward right, left, right, left

To add style to the last four counts, have left foot slightly forward of right, bend knees and go down for the first two counts, final two counts coming back up

REPEAT