

Caribbean Cadence

拍數: 40 牆數: 1 級數: Intermediate
編舞者: Karen Paakkari
音樂: Whose Bed Have Your Boots Been Under? - Shania Twain



HEEL TAPS (KEEPING FEET SLIGHTLY APART AND TOE ON THE FLOOR...)

1-4 Tap right heel four times & switch feet putting weight on right foot
5-8 Tap left heel four times

HEEL SWIVELS

9-11 With weight on toes of both feet... Swivel heels left, right, left
12 Clap hands

HIP BUMPS

13-14 Bump hips twice to the right
15-16 Bump hips twice to the left

HIP ROLLS

17-20 Roll hips to right, left, right, left

SHUFFLE TURN

21 Step right foot out to right (angled ¼ turn to right)
& Step left next to right
22 Step right foot forward

HALF TURN

23-24 Step forward on left; pivot ½ turn to right

SHUFFLE FORWARD

25&26 Shuffle forward on left, right, left

HALF TURN

27-28 Step forward on right; pivot ½ turn to left

SHUFFLE FORWARD

29&30 Shuffle forward on right, left, right

STEP, ROCK

31-32 Step forward on left; rock back on right

SHUFFLE TURN

33 Step left foot out to left side (angled at ¼ turn to left)
& Step right next to left
34 Step forward on left

HALF TURNS

35-36 Step forward on right; pivot ½ turn to left
37-38 Step forward on right; pivot ½ turn to left
39 Stomp right foot next to left
40 Clap hands

REPEAT

For teaching and practice, try "Hot, Hot, Hot" by Buster Poindexter (the song it was originally choreographed for) and "Old Time Rock N Roll" by Bob Seger
