

C'mon In

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Leslie Moore (USA)
音樂: Cold Outside - Big House



Begin with your back to the "front wall," feet hip distance apart

- 1-2 Bend right knee in, looking over your left shoulder; hold one beat
3-4 Straightening right knee, bend left knee inward, looking over right shoulder; hold one beat
5-8 Straightening left knee, circle hips once to the left (to the left) for four beats
- &1 Picking up right foot, spin $\frac{1}{2}$ to right on ball of left foot, land with right foot hip distance apart from left
2 Hold one beat
3-4 Lift/drop heels twice
&5 Step left foot next to right, step right foot to right side
6 Hold and snap fingers
&7 Step left foot next to right, step right foot to right side
8 Hold and snap fingers
- 1 Rock left across right, angling body $\frac{1}{4}$ to right
2 Recover back on right, return to center angle
3&4 Shuffle left-right-left to turn $\frac{1}{4}$ to left
5-6 Step forward right, slightly across left (5); snap fingers (6)
7-8 Step forward left, slightly across right (&); snap fingers (8)
- 1-2 Rock forward on right foot; recover back on left
3 Long step backward on right foot
4 Slide left foot back to right
5&6 Step left behind right, small step to right to turn $\frac{1}{4}$ to right, step left to left side
7-8 Lift right knee across body; step down with right hip distance from left

REPEAT
