

The British Are Coming

拍數: 32 牆數: 4 級數: Improver
編舞者: Elle-Jay Bilby & Paula Bilby (UK)
音樂: The British Are Comin' - Ronnie Beard



RIGHT KICK BALL CHANGE, RIGHT SHUFFLE FORWARD

1&2 Kick right foot forward, step right foot in place, step left foot next to right
3&4 Step right foot forward, step left foot next to right foot, step right foot forward

ROCK LEFT FORWARD RECOVER, LEFT COASTER STEP

5-6 Rock forward on left foot, recover weight back on right
7&8 Step back on left foot, step right foot back next to left, step left foot forward

TWO RIGHT PADDLE STEPS 1/8 TURN LEFT ON EACH

9-10 Step forward on the ball of right foot turn 1/8 left, recover weight back on to the left foot
11-12 Repeat by stepping forward on the ball of the right foot turning a 1/8 left and recovering the weight back on to the left foot

ROCK FORWARD ON RIGHT RECOVER, STOMP RIGHT, STOMP LEFT

13-14 Rock forward on right, recover back on left
15-16 Stomp on right foot in place, stomp left foot in place

GRAPEVINE RIGHT

17-18 Step right foot to right side, bring left foot behind right
19-20 Step right to right side, step left foot next to right

APPLE JACKS

&21 (Start with weight on ball of the right foot and the heel of the left) swivel right heel to left side and left toe to left side, bring both feet back to center
&22 (Start with weight on both the ball of the left foot and the heel of the right) swivel left heel to right side, right toe to right side, bring both feet back to center
&23&24 Repeat &21&22

Beginner alternative to apple jacks

21-24 Weight on balls of feet, swivel heels, left, right, left, center

GRAPEVINE LEFT

25-26-27-28 Step left foot to left side, bring right foot behind left, step left foot to left side, step right foot next to left

APPLE JACKS

29-32 Repeat counts 21-24

Beginner alternative to apple jacks

29-32 Weight on balls of feet, swivel heels, right, left, right, center

REPEAT
