

拍數: 36 牆數: 4 級數: Beginner
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音樂: Cold Outside - Big House



PENGUIN WALKS (THE FIRST EIGHT COUNTS ARE DONE WALKING FORWARD.)

- 1-2 Place left foot forward with left heel pointing inward and step forward.
2-4 Place right foot forward with right heel pointing in and step forward.
5-8 Repeat steps 1-4.

ROCK LEFT, BACK RIGHT, CHA-CHA LEFT

- 9-10 Step forward with left foot, rock back on right foot.
11-12 Cha-cha in place left-right-left.

BACK RIGHT, ROCK LEFT, CHA-CHA RIGHT

- 13-14 Step back on right foot, rock forward on left foot.
15-16 Cha-cha in place right-left-right.

STEP LEFT, ½ RIGHT, BUMP LEFT TWICE

- 17-18 Step forward with left foot, pivot ½ turn to right.
19-20 With left leg still back, bump to left twice.

SKI JUMPS (PRETEND YOU HAVE SKI'S.)

- 21 Jump to 11 o'clock with feet and hands together.
22 Jump to 2 o'clock with feet and hands together.
23-24 Repeat steps 21-22.

SHIVERS

- 25-28 Fold over arms and shiver (shoulder shimmy) four times.

SLIPPERY ICE

- 29 Brush right foot forward.
30 Step home with right foot while pivoting on the ball of the left foot ¼ turn to the left.
31 Brush left foot forward.
32 Bring left foot home.

KNEE KNOCKS

- 33-36 Knock you knees together four times. (on last count shift your weight to the right foot.)

REPEAT
