

Blue Hawaii

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Noel Castle (AUS)
音樂: Blue Hawaii - Elvis Presley



FORWARD/CROSS, RECOVER, SHUFFLE ½ RIGHT - FORWARD/CROSS, RECOVER, SHUFFLE ¾ LEFT

- 1-2 Cross/step right forward over left (extend right arm forward, palm up), recover weight left
3&4 Shuffle right-left-right making ½ turn right (6:00) (circle extended arm to right)
5-6 Cross/step left forward over right (extend left arm forward, palm up), recover weight right
7&8 Shuffle left-right-left making ¾ turn left (9:00) (circle extended arm to the left)

STEP, BRUSH, BRUSH, BALL/CHANGE - PADDLE TURN ¾ LEFT

- 1-2 Step right forward & slightly side right, brush left ball of foot forward (dip hands, palms down, in front)
3&4 Brush left ball of foot backward, (scoop hands back up) step left ball of foot behind right (&), change weight to right
5& Step left forward and slightly side left (start ¾ turn left), step right ball of foot behind left heel (&)
6& Step left in place (continue turn), step right ball of foot behind left heel (&)
7&-8 Step left in place (continue turn), step right ball of foot behind left heel (&), step left in place (complete turn. 12:00)

Sweep arms, palms leading around as you execute the paddle turn

STEP/SWAY, HOLD, & CLOSE, STEP/SWAY, HOLD - CROSS SHUFFLE ¼ RIGHT, ROCK, RECOVER ¼ RIGHT

- 1-2 Step right side with hip sway (arms flowing & wavy out to right side at waist level), hold (relax hips center)
&3-4 Close left to right (&), step right side with hip sway (arms still out to side), hold (relax hips center)
5&6 (Arms down) cross left over right, small step right side (&), cross left over right making ¼ turn right (3:00)
7-8 Rock/step right forward, recover weight left back making ¼ turn right (6:00)

CIRCLE HIPS, SIDE SHUFFLE - ¼ RIGHT & CIRCLE HIPS, SIDE SHUFFLE

- 1-2 Step right side & circle hips to the right transferring weight to left (arms fluid & push hands around with hips)
3&4 Step right side, close left to right (&), step right side (sway hips & keep knees slightly bent)
5-6 Step left side with ¼ turn right & circle hips to the left transferring weight to right

Arms fluid & push hands around with hips (9:00)

- 7&8 Step left side, close right to left (&), step left side (sway hips & keep knees slightly bent)

REPEAT

All arms are optional, but give them a try and think "Hawaii"!