

Barbie Quo

拍數: 40 牆數: 2 級數: Improver
編舞者: Barbera Heighway
音樂: Old Time Rock 'N' Roll - Status Quo



TOE STRUT, TOE FAN, TOE STRUT, TOE FAN

1-2 Right toe step forward, right heel step down
3&4 Right toes fan to right side, right toes back to center (taking weight)
5-6 Left toe step forward, left heel step down
7-8 Left toes fan to left side, left toes back to center (taking weight)

CHASSE, ROCK BACK, RECOVER, CHASSE, ROCK BACK, RECOVER

9&10 Right step to right side, left step beside right, right step to right side
11-12 Left rock diagonally back, right foot recover
13&14 Left step to left side, right step beside left, left step to left side
15-16 Right rock diagonally back, left foot recover

SHUFFLE FORWARD, ROCK FORWARD, RECOVER, SHUFFLE BACK, TOE BACK, ½ TURN

17&18 Right step forward, left step beside right, right step forward
19-20 Left rock forward, right foot recover
21&22 Left step back, right step beside left, left step back
23-24 Right toe point straight back, pivot ½ turn right (taking weight)

KICK, KICK, STEP BACK, POINT, STEP FORWARD

25-26 Left kick forward, left kick forward
27-28 Left step back, right foot point to right side
29-30 Right step forward, left point to left side
31-32 Left step beside right (feet together), hold

SWIVELS ON THE SPOT, KNEE POPS & CLAP, HAND JIVE CIRCLES

33-34 Swivel both heels left, swivel both heels right (bending knees down)
35-36 Swivel both heels left, swivel both heels right (straightening knees up)
37 Right knee pop across left knee with hand clap
38 Right hand makes circle to the left with finger pointed upwards
39 Left knee pop across right knee with hand clap
40 Left hand makes circle to the right with finger pointed upwards

The hand movements are similar to the circles made doing the hand jive

REPEAT