

Around The Hill

拍數: 64 牆數: 4 級數: Improver
編舞者: Judith Godleman-Watson (UK)
音樂: Just Around the Hill - Sash!



WALK FORWARD, SHUFFLE, SHUFFLE ½ TURN, COASTER STEP

1-2 Walk forward right, left
3&4 Step forward right, close left beside right, step forward right
5&6 Shuffle step ½ turn to right, stepping left, right, left
7&8 Step back right, step left beside right, step forward right

WALK FORWARD, SHUFFLE, SHUFFLE ½ TURN, COASTER STEP

9-10 Walk forward left, right
11&12 Step forward left, close right beside left, step forward left
13&14 Shuffle step ½ turn to left, stepping right, left, right
15&16 Step back left, step right beside left, step forward left

RIGHT ROCK, TRIPLE STEP, LEFT ROCK, TRIPLE STEP

17-18 Rock right to right side, rock onto left in place
19&20 Stomp right, left, right
21-22 Rick left to left side, rock onto right in place
23&24 Stomp left, right, left

SIDE BEHIND, CHASSE RIGHT, CROSS ROCK, ¼ SHUFFLE TO LEFT

25-26 Step right to right side, step left behind right
27&28 Step right to right side, close left beside right, step right to right side
29-30 Cross rock left over right, rock back onto right
31&32 Shuffle step ¼ turn to left, stepping left, right, left

KICK & POINT TWICE, CROSS BEHIND UNWIND, HIP BUMP UP,DOWN

33&34 Kick right foot forward, step right in place, point left foot to left side
35&36 Kick left foot forward, step left in place, point right foot to right side
37-38 Step right foot behind left foot, untwist ½ turn to right
39-40 Bend both knees, bump hips forward, straighten & bump hips forward

LIFT KNEE DIAGONALLY, BUMP HIPS TWICE

41-42 Lift right knee diagonally to left side, replace right next to left
43-44 Bump hips left, right
45-46 Lift left knee diagonally to right side, replace left next to right
47-48 Bump hips right, left

SHUFFLE FORWARD, SPIRAL TURN, SHUFFLE FORWARD, ROCK FORWARD

49&50 Step forward right, close left beside right, step forward right
51-52 Step forward on left foot, turn full turn to right (no weight on right)
53&54 Step forward right, close left beside right, step forward right
55-56 Rock forward on left, rock back on right

LOCK STEPS TRAVELING BACK TWICE, HOLD & BODY ROLL

57&58 Step back left, cross right in front of left, step back left
59&60 Step back right, cross left in front of right, step back right
&61-62 Step right to right side, step left to left side, hold

63-64

Full body roll, rolling hips to the left

REPEAT
