

Alfie

拍數: 32 牆數: 4 級數: Beginner
編舞者: Cato Larsen (NOR)
音樂: Alfie - Lily Allen



WALK BACK & HITCH, WALK FORWARD & KICK

1-2-3 Step right back, step left back, step right back
4 Hitch left knee (clap)
5-6-7 Step left forward, step right forward, step left forward
8 Kick right forward (clap)

ROLLING VINE RIGHT & LEFT

1 Turn $\frac{1}{4}$ right and step right forward (3:00)
2 Turn $\frac{1}{2}$ right and step left back (9:00)
3 Turn $\frac{1}{4}$ right and step right to side (12:00)
4 Touch left toe together (clap)
5 Turn $\frac{1}{4}$ left and step left forward (9:00)
6 Turn $\frac{1}{2}$ left and step right back (3:00)
7 Turn $\frac{1}{4}$ left and step left to side (12:00)
8 Touch right toe together (clap)

CROSS ROCK SIDE, CROSS ROCK SIDE, STEP, TURN $\frac{1}{2}$, STOMP, STOMP

1& Cross/rock right over left, recover to left
2 Step right to side
3& Cross/rock left over right, recover to right
4 Step left to side
5-6 Step right forward, turn $\frac{1}{2}$ left (weight to left)
7-8 Stomp right together, stomp left together (6:00)

CROSS ROCK SIDE, CROSS ROCK SIDE, STEP, TURN $\frac{1}{4}$, STOMP, STOMP

1& Cross/rock right over left, recover to left
2 Step right to side
3& Rock left over right, recover to right
4 Step left to side
5-6 Step right forward, turn $\frac{1}{4}$ left (weight to left)
7-8 Stomp right together, stomp left together (3:00)

REPEAT