

All Dressed Up

拍數: 42 牆數: 4 級數: Beginner
編舞者: Sandra Mailman (CAN)
音樂: Mama Don't Get Dressed Up for Nothing - Brooks & Dunn



ROCK STEPS

- 1 Rock forward right
- 2 Step back on left
- 3 Rock back on right
- 4 Step forward on left

PIVOT ½ TURN LEFT

- 5 Step forward on right
- 6 ½ turn to left changing weight to left foot

ROCK STEPS

- 7 Rock forward on right
- 8 Step back on left
- 9 Rock back on right
- 10 Step forward on left

PIVOT ½ TURN LEFT

- 11 Step forward on right
- 12 ½ turn to left changing weight to left foot

TOE HEEL, TOE HEEL

- 13 Step forward on ball of right foot
- 14 Drop right heel down
- 15 Step forward left toe
- 16 Drop left heel down
- 17 Step forward right toe
- 18 Drop right heel down
- 19 Step forward left toe
- 20 Drop left heel down

(While stepping forward toe heel toe heel shimmy shoulders back and forth)

SKIP STEP BACKWARDS

- 21 Skip backwards on right foot
- 22 Skip backwards on left foot
- 23 Skip backwards on right foot
- 24 Step back on left foot

STEP, SLIDE & SCUFF

- 25 Step forward on right
- 26 Slide left foot next to right
- 27 Step forward on right
- 28 Scuff left foot passed right
- 29 Step left foot forward
- 30 Slide right foot next to left
- 31 Step forward on left
- 32 Scuff right passed left

CROSS & ¼ TURN

- 33 Cross right foot over left
- 34 Unwind making ¾ turn left

HIP BUMPS

- 35 Bump hip right
- 36 Bump hip right
- 37 Bump hip left
- 38 Bump hip left
- 39 Bump hip right
- 40 Bump hip left
- 41 Bump hip right
- 42 Bump hip left

REPEAT
