

All Screwed Up

拍數: 40 牆數: 4 級數:
編舞者: Nathan Dewalt
音樂: Thump Factor - Smokin' Armadillos



STOMP, HOLD, PIVOT ¼, HOLD, PIVOT ¼, HOLD, PIVOT ¼, HOLD

- 1-2 Stomp forward on left foot; hold a count
- 3-4 Pivot ¼ turn right on balls of both feet; hold a count
- 5-6 Pivot ¼ turn right on balls of both feet (right foot is forward); hold a count
- 7-8 Pivot ¼ turn right on balls of both feet (legs are crossed, right foot over left); hold a count

TOUCH RIGHT, HOLD, PIVOT ½, HOLD, UNWIND TO FOUR COUNTS

- 9-10 With weight on left foot, uncross legs and touch right toe to right side
- 11-12 Pivot ½ turn right (legs are crossed, right foot over left); hold a count
- 13-16 Slowly pivot ½ turn left to unwind legs

JAZZ WALK

- 17-18 Touch right toe to right side; step forward on right foot
- 19-20 Touch left toe to left side; step forward on left foot
- 21-22 Touch right toe to right side; step forward on right foot
- 23-24 Touch left toe to left side; step forward on left foot

&FORWARD, CLAP, &BACK, CLAP

- &25-26 Step forward on right foot and step left foot next to right; clap hands
- &27-28 Step back on right foot and step left foot next to right; clap hands

SYNCOPTION (OUT-OUT, IN-IN, OUT-OUT, IN-IN)

- &29 Step right foot to right side and step left foot to left side
- &30 Step right foot to center and step left foot next to right
- &31 Step right foot to right side and step left foot to left side
- &32 Step right foot to center and step left foot next to right

SHUFFLES, STOMP, STOMP

- 33&34 Shuffle forward (right-left-right)
- 35&36 Shuffle forward (left-right-left)
- 37&38 Shuffle forward (right-left-right)
- 39-40 Stomp left foot in place; stomp right foot in place

REPEAT
