

A - B Classic

拍數: 32 牆數: 1 級數: Beginner
編舞者: Ian Forster
音樂: The Way I Am - Brushwood



WALK, WALK, STEP, PIVOT ¼ LEFT, JAZZ BOX

1-2 Walk forward right, walk forward left
3-4 Step right forward, pivot ¼ turn left
5-6 Cross right over left, step left back
7-8 Step right to right side, close left beside right

VINE RIGHT, TOUCH, VINE LEFT, TOUCH

1-2 Step right to right side, cross left behind right
3-4 Step right to right side, touch left beside right
5-6 Step left to left side, cross right behind left
7-8 Step left to left side, touch right beside left

¼ TURN RIGHT, STEP, WALK, WALK, STEP RIGHT, STOMP UP, STEP LEFT, STOMP UP

1-2 Make ¼ turn right, stepping forward right, step forward left beside right
3-4 Walk back right, walk back left
5-6 Step right to right side, stomp up left beside right
7-8 Step left to left side, stomp up right beside left

TOE STRUT & CLAP TWICE, HIP BUMPS TWICE

1-2 Touch right toe back, drop right heel taking weight and clap
3-4 Touch left toe back, drop left heel taking weight and clap
5&6 Bump hips - forward, back, forward
7&8 Bump hips - back, forward, back (weight on left)

REPEAT

Inspired by Val Myers 'A-B Series' of dances for Absolute Beginners
