

Two Left Feet

拍數: 32 牆數: 4 級數: Improver
編舞者: Lavinia Shann (UK) & Mick Shann (UK) - June 2006
音樂: Two Left Feet - The Holloways



Start immediately on music. When using this track there is a 4 count pause in the music which comes on count 20, after the first hip bumps.

Pose and Stare for these 4 counts as in the video of The Holloways then do 2 Cross Points and Restart the dance from the beginning.

If you want to leave out the restart start the dance 4 counts after the music silence.

Working For The Man by Lee Kernaghan, Most Awesome CD No 10

Rolling Grapevines With Claps (Alternative: Leave out turns)

- 1-4 Step R to R side with $\frac{1}{4}$ Turn R, Step L to L side with $\frac{1}{4}$ Turn R, Step R to R side With $\frac{1}{2}$ Turn R, Touch L Next to R. & Clap.
5-8 Step L to L side with $\frac{1}{4}$ Turn L, Step R to R side with $\frac{1}{4}$ Turn L, Step L to L side With $\frac{1}{2}$ Turn L, Touch R Next to L. & Clap.

Walks Back, Heel Switches With 1/4 Turn Right & Clap

- 1-2 Walk Back. R,L,
3-4 Walk Back. R,L,
5&6 Turning Qtr Right. Tap R Heel in Front, Switch R next to L,
& 7, 8 Tap L Heel in Front, Switch L next to R, Tap R Heel in Front, During Heel Switches, Hold & Clap

Hip Bumps & Hip Grind With Attitude

- 1-2 Bump R Hips Forward x 2,
3-4 Bump L Hips Backward x 2,
5-8 Hip Grinds or Bumps (Whatever takes your fancy over 4 counts)

If using The Holloways track pose and stare during silent 4 counts of track instead of Hip Grinds. Do Two Point Crosses and Restart the dance at the beginning.

Cross Points x 4

- 1-2 Cross R over L, point L to L Side,
3-4 Cross L over R, point R to R Side,
5-8 Repeat 1-4
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