Psycho Iko



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Mick Bennett (UK) - September 2007

音樂: Iko Iko - Captain Jack : (Album : Greatest Hits)



Section 1 - Push Hitch Back, Hitch Back * 2, Coaster, Scuff, Hitch, Out-Out, Clap

Push forward on Right, Recover to Left hitching Right knee, Step back on Right
Hitch Left knee, Step back on Left, Hitch Right Knee, Step back on Right
Hitch Left, Step back on Left, Close Right to Left, Step forward on Left

&7 Scuff Right, Hitch Right

&8& Step (slightly) out Right, Step (slightly) out Left, Clap

Styling note for steps 7&8 - hitch Right to make a little jazz jump out-out (both feet leaving the floor on the hitch)

Section 2 - Hip Bumps, Syncopated Weave Right, Cross Behind-Unwind 3/4 Left

1-2 Bump hips Right, Left3&4 Bump hips Right, Left, Right

&5&6 Cross Left behind Right, Step Right to Right side, Cross Left over Right, Step Right to Right

side

7-8 Cross Left behind Right, Unwind ¾ turn left (retain weight on left foot which should be slightly

in front of Right) (3)

Styling note: on step 7 bend both knees (dip) and straighten (raise) as you unwind on count 8 (Obvious) Restart here on walls 2 and 5

Section 3 - Mambo Forward & Back, Push 1/2 Right, Ball Step, (Travelling) Triple Full Turn, Close

Rock forward Right, Recover to Left, Step back on Right
Rock back Left, Recover to Right, Step forward on Left

Push forward on Right, Recover to Left, Making ½ turn Right step forward on Right (9) 87&8& (Ball) Step left to Right, Make a full triple turn Right stepping Right, Left, Right (turn should

travel forwards), Close Left to Right

Alternative for &7&8&: (Ball) Step left to Right, Shuffle forward Right, Left, Right, Close Left to Right (Ball step)

Section 4 - Syncopated Rocking Chair, Push ½ Right, Push ½ Left, Push ½ Left, Shuffle Forward Left

1&2& Rock forward Right, Recover to Left, Rock back Right, Recover to Left

Push forward Right, Recover to Left, Make ½ Right stepping forward on Right (3)

Push forward on left, Recover onto Right making ½ turn Left (9)

Push forward on left, Recover onto Right making ½ turn Left (3)

OPTION for 5&6&:

5&6& Syncopated Rocking Chair - Rock forward on Left, Recover weight to Right, Rock back on

Left, Recover forward to Right

7&8 Shuffle forward Left, Right, Left

Start Again

Ending: (Optional of course): As the music gets to the end (pretty obvious but if you're into counting it's wall 11) to finish with panache facing the front wall by replacing the steps 7&8 in the section 4 with:

7-8 Making ¼ Left step left to side, Step forward Right extending right hand forward and pose

(Facing 12 o'clock)