

Spinning

拍數: 32 牆數: 4 級數: Improver
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音樂: Round Round - Sugababes : (CD: Angels With Dirty Faces)



VINE LEFT WITH FULL TURN, SIDE, CROSS, JUMPS WITH RIGHT HITCH

1-2 Step left to the left, cross right behind left
3-4 Step left to the left with full turn, touch with right
5-6 Step right to the right, cross left behind right
7-8 Touch with right, jump right hitch

JUMPS WITH RIGHT KICK & HITCH

1-2 Touch, jump right kick
3-4 Touch, jump right hitch
5-6 Touch, jump right kick
7-8 Touch, jump right hitch

HEEL SLAP x4

1-2 Touch right heel forward, step on right foot
3-4 Touch left heel forward, step on left foot
5-6 Touch right heel forward, step on right foot
7-8 Touch left heel forward, step on left foot

JUMPS BACKWARD WITH TOUCH AND ¼ TURN, SWAYS

1-2 Jump left back, touch right
3-4 Jump back with ¼ turn left on right, touch left
5-6 Step left on left with a sway left, sway right
7-8 Sway left, sway right weight on right

REPEAT

RESTART: On wall 2, restart after count 16 and hip bumps left, left, right, right, left, left, right, right

TAG: After walls 4, 5 & 7

1-8 Hip bumps left, left, right, right, left, left, right, right

TAG: After wall 9 (waltz rhythm)

1-6 Sway left, then right doing 2 sways over 6 counts

Then dance the following sequence 3 times

TWINKLE RIGHT, TWINKLE LEFT

1-2-3 Cross left over right, step right together, step left together
4-5-6 Cross right over left, step left together, step right together

BASIC FORWARD, BASIC BACK

7-8-9 Step left forward, step right together, step left in place
10-11-12 Step right back, step left together, step right in place

BASIC FORWARD WITH ½ TURN, BASIC BACK

13-14-15 Step left forward, turn ¼ left and step right together, turn ¼ left and step left together
16-17-18 Step right back, step left together, step right in place

BASIC FORWARD WITH ½ TURN, BASIC BACK

19-20-21 Step left forward, turn ¼ left and step right together, turn ¼ left and step left together

22-23-24 Step right back, step left together, step right in place

After completing that sequence 3 times, start with 4 hip bumps left, left, right, right, and repeat the main dance to the end of the music
