Enjoy Yourself



編舞者: BM Leong (MY) - March 2008 音樂: Huan Le Jin Xiao (欢乐今宵)



Intro: 40 counts - start on vocal.

TWIST RIGHT, CLAP, TWIST LEFT, CLAP

Twist to right side on heels / toes / heels, clapTwist to left side on heels / toes / heels, clap

FORWARD TOE STRUTS ON RLRL

1-2	Forward toe strut on right while raising right fist above head
3-4	Forward toe strut on left while raising left fist above head
5-6	Forward toe strut on right while raising right fist above head
7-8	Forward toe strut on left while raising left fist above head

HIP BUMPS RLRLRLRL

1-2 Bump hips right raising right hand & dropping left hand, bump hips left raising left hand &

dropping right hand

3-4 Repeat 1-25-6 Repeat 1-27-8 Repeat 1-2

BACK TOE STRUTS ON RLRL

1-2	Back toe strut on right while raising right fist above head
3-4	Back toe strut on left while raising left fist above head
5-6	Back toe strut on right while raising right fist above head
7-8	Back toe strut on left while raising left fist above head

FORWARD BODY TWIST, BACK BODY TWIST

Step right forward diagonally twisting and leaning forward slightly
Recover weight onto left twisting and leaning body backward slightly

TOE STRUT IN PLACE ON RLRL

1-2	loe strut in place on right while jabbing right fingers forward as in free style swimming
3-4	Toe strut in place on left while jabbing left fingers forward
5-6	Toe strut in place on right while jabbing right fingers forward
7-8	Toe strut in place on left while jabbing left fingers forward

SIDE JUMPS, TOUCHES, 1/4 TURN LEFT SIDE JUMPS, TOUCHES

1-2	Jump right to right side raising right hand &lowering left hand, touch left beside right
3-4	Jump left to left side raising left hand & lowering right hand, touch right beside left
5-6	Turning 1/4 left jump right to right side raising right hand & lowering left hand, touch left
	beside right

7-8 Jump left to left side raising left hand & lowering right hand, touch right beside left

RIGHT DIAGONAL SHOOP, LEFT DIAGONAL SHOOP

1-2	Step right forward diagonally, step left together
3-4	Step right forward diagonally, brush left forward
5-6	Step left forward diagonally, step right together
7-8	Step left forward diagonally, brush right forward

(Swing both hands forward and back by the side)

RESTART during wall 4 after 48 counts	(start dance again facing 3.00)
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