Lunagirl



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Marion Bessems (NL) - April 2008

音樂: Lunagirl - Lunaman



Start on heavy beats (approx 10 seconds)

SIDE TOGETHER, KICK & TOUCH X2, SIDE SWIVEL X3

1-2 Step R to R side, step L next to R

Arms: 1 – point both fists to R diagonal, 2 – swing both fists to L diagonal

3&4 Kick fwd on R, step R next to L, touch L toe back

Arms: 3 – punch both fists fwd, & - bring both fists to shoulder, 4 – punch both fists down

5&6 Kick fwd on L, step L next to R, touch R toe back

Arms: 5 – punch both fists fwd, & - bring both fists to shoulder, 6 – punch both fists down

&7&8 Step R to R side, swivel both heels R, swivel both heels L, swivel both heels R

Arms: 7 – swing both fists R, & - swing both fists L, 8 – swing both fists R

SIDE BEHIND, 1/4 SHUFFLE, STEP PIVOT, 1/4 TURNING SHUFFLE

1-2 Step L to L side, cross R behind L

3&4 Make ¼ turn L step fwd on L, step R next to L, step fwd on L (9:00)

5-6 Step fwd on R, pivot ½ turn L (3:00)

7&8 Make ¼ turn L step R to R side, step L next to R, make ¼ turn L step back on R (9:00)

ROCK & KICK & X2, WALK X2, 1/4 SWIVEL X3

1&2& Rock back on L, recover on R, kick fwd on L, step down on L
3&4& Rock back on R, recover on L, kick fwd on R, step down on R

Arms: - 2&4 - punch both fists fwd

5-6 Walk fwd on L. walk fwd on R

7&8 On balls of both feet twist ½ turn L, swivel to R, swivel to L (weight on L) (6:00)

Arms: -7 - raise both fists and push up R, & - push up L, 8 - push up R

SAILOR, SAILOR 1/4, SCUFF OUT OUT, SHAKE X2

1&2 Cross R behind L, step L to L side, step R to R side

3&4 Cross L behind R, step R next to L, make ¼ turn L step fwd on L (3)

5&6 Scuff R beside L, step R to R side, step L to L side

7-8 Shake your butt twice (weight on L)

Arms: - raise your R fist and wave twice

TAG: END OF WALL 4 - FACING FRONT -ROCK & STEP X2

1&2 Rock R to R side, recover on L, step R next to L

Arms – swing your R arm

3&4 Rock L to L side, recover on R, step L next to R

Arms: - swing your L arm