Yum Yum

拍數: 32

級數: Intermediate / Advanced

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音樂: Yummy - Gwen Stefani : (CD: The Sweet Escape)

Touch Crosses x3, A Roll And A 1/2 Turn

- 1& Touch right to right side, cross right behind left
- 2& Touch left to left side, cross left in front of right
- 3& Touch right to right side, step right together
- 4 Hitch left leg with a clap
- 5-6 Body roll top to bottom while running right hand with your roll and stepping down on the left
- 7&8 Swivel heels left then right turning ½ right ending with weight on the left

Coaster, Heel Pumps, Slide, 2 Steps

- 1&2 Coaster step right, left, right
- 3-4 Pump the left heel forward and the right hand at the same time
- 5-6 Step forward bigger then a normal step left, slide the right to meet the left but keep the weight on the left
- 7-8 Step the right to the side, step the left back a ¼ turn left

Wizard Once, Clap Scuff Step, Heel Bounce, Coaster

- 1-2& Step forward right, slide the left behind the right, step right forward facing diagonally right
- 3&4 Scuff the left heel, in the same motion hitch the left knee, step the left down still facing the diagonal shoulder width apart
- 5&6 Bounce on your heels ending with weight on the right
- 7&8 Coaster step left right left while you straiten back up to your 3:00 wall

Two Kick Jack Steps, ½ Turn, 2 Steps

- 1&2 Kick right heel forward, step the left behind the right, step the right forward,
- 3&4 Repeat the same steps with the left foot first
- 5-6 Step the right forward, make a ½ turn left weight on left
- 7-8 Step forward right then left while snapping hand to the side with attitude

Repeat





牆數: 4