

Latifah's Walk

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Annie Saerens (BEL) - January 2010
音樂: Walk the Dinosaur - Queen Latifah



KICK BALL SIDE, TOE (IN), HEEL (IN), ¼ TURN KICK, COASTER STEP, SHUFFLE

1&2 R fwd kick, step R out to side, step L out to side
3&4 Swivel toes in, swivel heels in, ¼ turn R on L foot and making a R fwd kick
5&6 R back step, together with L, fwd R step
7&8 Fwd L shuffle (L, R, L)

SAILOR STEP, ¼ SAILOR STEP, UP, DOWN, UP, STEP, BEHIND, SIDE, CROSS

1&2 Cross behind with R, L side step, R side step
3&4 Cross behind with L, ¼ turn L stepping side with R, L side step bending knees
8&5&6& Stand up while pulling up R leg, step in place while bending knees, stand up while pulling up L leg, step in place
7&8 Cross behind with R, L side step, cross over with R

ROCK STEP, RECOVER, TOG, TOUCH, TOG, TOUCH, TOGE, ½ PIVOT TURN, TOUCH, HEEL SWIVEL

1-2& Rock to side with L while R toes are up, recover on R, together with L
3&4& R side touch, together with R, L side touch, together with L
5-6 Fwd R step, ½ pivot turn to L (weight is on L)
7&8 R fwd touch, swivel R heel to the R (while pushing up your hips!), swivel back R heel to center and drop heel.

SIDE MAMBO, SIDE MAMBO, ¼ TURN DIAGONAL SLIDE, ¼ TURN TOUCH, ¼ TURN DIAGONAL SLIDE, ¼ TURN TOUCH

1&2 L side rock, recover on R, together with L
3&4 R side rock, recover on L, together with R
5-6 Long diagonal L back step with ¼ turn L, ¼ turn R and together with R touch,
7-8 Long diagonal R back step with ¼ turn R, ¼ turn L and together with L step

SIDE ROCK STEP, TOG, SIDE MAMBO STEP, L ½ TURN HEEL TOUCHES

1-2& R side rock, recover onto L, together with R,
3&4 L side rock, recover onto R L, together with L
5&6& R fwd heel touch, together with R, ¼ turn L with a L fwd heel touch, together with L
7&8& R fwd heel touch, together with R, ¼ turn L with a L fwd heel touch, together with L

SIDE ROCK STEP, TOG, SIDE MAMBO STEP, L ½ TURN HEEL TOUCHES

1-2& R side rock, recover onto L, together with R,
3&4 L side rock, recover onto R, together with L
5&6& R fwd heel touch, together with R, ¼ turn L with a L fwd heel touch, together with L
7&8& R fwd heel touch, together with R, ¼ turn L with a L fwd heel touch, together with L

Repeat

Have fun!