High Heels

拍數: 32   牆數: 4   級數: Improver

編舞者: Tom Mickers (NL) - March 2009

音樂: One Step At a Time - Jordin Sparks

*starts facing the 3:00 wall

1-4	Walk L,R,L, ¼ turn c.c.w. R step side (catwalk strides, pose)
5-8	Walk L,R, step L side out, step R side out (catwalk strides, pose, pose)
1&2	sailor L,R,L while ¼ turn c.c.w.
3&4	sailor R,L,R cross over, while moving forward
5&6	sailor L,R,L cross over, while moving forward
7&8	R forward and push hips up, swivel hips to L, L leg bends (sit) and look left
1&2	Twist heels out, in, out (to R, L, R) with ½ turn c.c.w.
3-4	Twist heels in and L hip up (to L), heels back out (to R) and hip down (facing 6:00).
5&6	L cross behind, R step side, L cross over
7-8	Unwind ½ turn c.w. pushing bottom backwards, push hips forward
1-2	L cross check forward, recover R while ¼ turn c.c.w and L leg rondes on floor
3-4	step back L while R knee pops across L leg, step back R while L knee pops across R leg.
5-8	L reach back, L step back, R reach back, R step back (while popping shoulders on the & counts)

TAG: Done AFTER the 3rd and 7th wall – facing 9:00 both times, Do the FIRST 8 counts of the dance, face the side wall, do the FIRST 8 counts again. Then face the side wall again to restart the dance.