

Green Onions

拍數: 48 牆數: 2 級數: Improver
編舞者: Arne Stakkestad (BEL) - May 2011
音樂: Green Onions - Booker T. & The M.G.'s



Alt. Music: "Green Onions" by Indy Lee
Info: start after 16 counts.

Weave Right, Left Heel Bounces 1/8 L

1-2 RF step right side, LF cross behind
3-4 RF step right side, LF cross forward
5-6 RF step right side, bounce LHeel 1/8 left (10h30)
7-8 bounce LHeel, bounce LHeel

Shimmy Shoulders Forward, Backward

1-2 shake shoulders forward, shake shoulders further forward (10h30)
3-4 shake shoulders further forward, shake shoulders further forward
5-6 shake shoulders backward, shake shoulders further backward
7-8 shake shoulders further backward, shake shoulders further backward

Toe Struts Forward 1/8L, Backward 1/2L, Forw 1/2L, Forward

1-2 1/8 left, LToe touch forward, drop LHeel (9h)
3-4 1/2 left, RToe touch backward, drop RHeel (3h)
5-6 1/2 left, LToe touch forward, drop LHeel (9h)
7-8 RToe touch forward, drop Rheel

Step, Kick, Step 1/2R, Kick, Pivot, Pivot

1-2 LF step forward, RF kick forward
3-4 1/2 right, RF step forward, LF kick forward (3h)
5-6 LF step forward, 1/2 right, weight RF (9h)
7-8 LF step forward, 1/2 right, weight RF (3h)

Walk, L Bumps, Cross rock, Side rock

1-2 LF step forward, RF step forward
3-4 LF step forward and bump hips left, bump hips left
5-6 RF cross forward, recover weight on LF
7-8 RF step right side, recover weight on LF

Jazz box 1/4 R, Jazz box

1-2 RF cross forward, LF step backward
3-4 1/4 right, RF step right side, LF step beside RF (6h)
5-6 RF cross forward, LF step backward
7-8 RF step right side, LF step beside RF