

Rack Attack

拍數: 64 牆數: 1 級數: Intermediate
編舞者: Rita Archer (USA) - August 2011
音樂: Here for the Party - Gretchen Wilson



STOMPS + SAILOR SHUFFLES- RIGHT, LEFT, RIGHT, TOUCH

1&2 Stomp right to right side, cross left behind right, step right to right side
3&4 Stomp left to left side, cross right behind left, step left to left side
5&6 Stomp right to right side, cross left behind right, step right to right side
7-8 Step left to left side, touch right toe next to left

¼ TURN RIGHT, POINT, STEP & CROSS, SWEEP, TAP, HEELS, STOMP

9&10 ¼ turn right, point right toe forward, right back, step left over right
11-12 Slide right toe around to cross over left with ¼ turn left, (weight on left)
13&14 Tap left toe behind right, step left next to right, touch right heel forward
&15 Step right next to left, touch left heel forward
&16 Step left next to right, stomp right next to left

KICKS, TOUCH BACK, SCUFF, ½ TURN, STEP

17-18 Kick right forward twice
&19 Step right next to left, touch left toe back
20 Hold
21-22 Step forward left, scuff right foot next to left while doing a ½ turn left
23-24 Right forward, touch left next to right

KICKS, TOUCH BACK, KICK, SIDE TOUCH, KICK, SIDE TOUCH

25-26 Kick left forward twice
&27 Step left next to right, touch right toe back
28 Hold
29&30 Kick right forward, step right next to left, point left toe to left
31&32 Kick left forward, step left next to right, point right toe to right

ROCK FORWARD, BACK, HEEL SPLIT

33-34 Step forward on right, rock back on left
35&36 Step right next to left, heels out, heels in
37-38 Step forward on left, rock back on right
39&40 Step left next to right, heels out, heels in

POINT, SWEEP, HEEL SPLIT

41-42 Touch right toe to right, sweep right over left, ¼ turn left
43&44 Step down on heel, heels out, heels in
45&46 Touch left toe to left, sweep left over right, ¼ turn right
47&48 Step down on heel, heels out, heels in

KICK, ¼ TURN, SQUAT, ¼ TURN, RIGHT HIP BUMPS

49-50 Kick right forward, ¼ turn left, squat with knees out
51-52 Kick right forward, ¼ turn left, squat with knees out
53-54 Step right over left, ¼ turn left
55-56 Right hip bump, right hip bump

JUMP FORWARD, CLAP, JUMP BACK, CLAP, PIVOT ¼ RIGHT

57&58 Step forward right, step forward left, clap

59&60 Step back right, step back left, clap
61-62 Roll right knee $\frac{1}{4}$ turn right, roll left knee $\frac{1}{4}$ turn right
&63 Touch right toe forward, step next to left
&64 Touch left toe forward, step left next to right

Repeat - Video available on YouTube.
