Secoue-toi et dance!



編舞者: Lisa Carlier (BEL) - October 2011

音樂: Elle Me Dit - MIKA



Info; start dance after 8 counts

2 steps r, out ,out ,in ,in

1-2 RF to r, step LF next to RF
3-4 RF to r, step LF next to RF
5-6 stef RF to r, step LF to I

7-8 step RF together, step LF together

*armmovements:

1-2 twirl both hands above your head

3-4 shake your upper body

Heel, toe unwind, body roll, RF step back, 2 hip bumps

touch r heel fwd, touch r toe back
turn ½ r putting weight on r [6.00]
body roll up & step RF behind

7 & 8 bump hips to I & r, I

dorothystep, and heel and cross, ¼ turn hitch, hip bumps with ¼ turn, sweep, sailor ¼ r

1-2 step LF diagonally I fwd, cross RF behind LF

& 3 & 4 & step LF fwd, &point right heel fwd, step RF next to LF, and cross LF overRF

5 & 6 turn ¼ left hitching right knee, Step right to side bumping hip to the right, bump hips left, turn

1/4 left pushing right hip back while sweeping LF behind [3.00]

7 & 8 cross LF behind RF, step RF fwd ¼ turn r, step LF fwd [6.00]

(extra: "8: step LF fwd" you actually jump fwd ,with your I leg lifted backwards)

*armmovements:

5-6 fingersnap up – down

8 arms wide open on shoulder height

Hops with legswings, flick behind, cross, turn ¾ I, sweep, behind side cross

1& LF Hop in place-RF swing diagonally fwd, LF hop in place-RF swing diagonally backw

2 hop RF in place-LF swing diagonally fwd3 put weigt on LF and flick your r leg behind

4 step RF over LF

5-6 turn ³/₄ I with both feet [9.00] with a sweep

7&8 cross LF behind RF, step RF to r, cross LF over RF

If the armmovements aren't that clear, there is a video on youtube,

Have fun with it!