

Do The Hump!

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Shaz Walton (UK) - January 2012
音樂: Mama Do the Hump - Rizzle Kicks



Thank you Jannie for your help !

Walk, Walk. Cross & Heel. Ball Step. Twist, Twist. Kick. Coaster Step.

1-2 Walk forward right. Walk forward left.
3&4 Cross right over left. Step left slightly to side. Dig right heel to right diagonal.
&5 Step right beside left. Touch left toes forward.
&6 Twist heels out to side. Return heels into centre (Weight right).
&7&8 Kick left forward. Step back left. Step back right. Step left forward.

Struts In Place. Toes, Heels, Toes. Slide. Rocking Chair. Slap. Slap. Turn ¼.

1& Touch right toes next to left. Drop weight to right.
2& Touch left toes next to right. Drop weight evenly.
3&4 Fan toes of both feet out to side. Fan heels out to side. Fan toes of both feet out to side.
& Slide both feet to centre (weight left) (Jump there if you like ?)
5&6& Rock forward right. Recover left. Rock back right. Recover left.
7&8 Hitch right leg over left as you slap the left side of your knee with left hand. Flick right to right side as you slap the right side of your right knee with your right hand. Make ¼ turn left as you stomp your right to right side (weight right)

Rock, Recover. Step. Rock & Cross. Side Strut. ¼ Side Strut. Boogie Walks.

&1-2 Step left beside right. Rock right to right side. Recover on left.
&3&4 Step right beside left. Rock left to left side. Recover on right. Cross step left over right.
5& Touch right toes to right side. Drop right heel.
6& Make ¼ left as you touch left toes to left side. Drop left heel.
7&8 Run forward Right (clap)-left (clap)-right as you circle your knees at the same time, bending slightly.

Rock, Recover. Out, Out. Heel Bounce. Sailor Step & Sailor ¼ Turn. Step Forward.

1-2 Rock forward left. Recover on right.
&3 Step left to left side. Step right to right side.
&4 Left both heels. Recover with heels on floor (Weight right).
5&6 Cross left behind right. Step right to right. Step left to left.
&7& Sailor right with ¼ turn right.
8 Step left forward.

Contact: Shaz5678@sky.com 07762 410 190