Personality

拍數: 32

級數: Beginner

編舞者: Irene Groundwater (CAN) - February 2012

音樂: (You've Got) Personality - Lloyd Price

Alt. music: King Tim III by Fatback Band [CD: 21 Karat Fatback - The Best of The Fatback Band]

Start dancing on lyrics

HEEL STRUTS (X 4)

Right heel forward, lower right toe, left heel forward, lower left toe 1-2-3-4

5-6-7-8 Right heel forward making 1/4 turn right on step, lower right toe, left heel forward, lower left toe

Option -on counts 1 to 8 - latch thumbs to imaginary suspender straps and swagger forward - like the cowboys do

SHAKE RIGHT, SHAKE LEFT

1-2-3-4 Side step right and shake body right for 4 counts (weight on right foot - both feet on floor)

5-6-7-8 Switch weight to left foot and shake body left for 4 counts

Option - extend both arms out to the sides shoulder high for 8 counts

TOE STRUTS (TWICE), HIP, HOLD, HIP, HOLD

1-2-3-4 Right toe back, lower right heel, left toe back, lower left heel

5-6-7-8 Side step right throwing right hip to right, hold, side step left throwing left hip to left, hold (Option - snap fingers every time you lower a heel - on even counts) (option - on count 6 - look left, count 8 look right)

(2nd option - on count 6 - looking left bring right hand up behind head, on count 8 - looking right bring left hand up behind head.)

CHARLESTON

1-2-3-4 Touch right ball forward, hold, step right back, hold

5-6-7-8 Touch left ball back, hold, step left forward, hold

REPEAT





牆數: 4