

Die Maus

拍數: 40 牆數: 2 級數: Beginner
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音樂: Hier Kommt Die Maus - Stefan Raab



Intro: 8 Counts

[1 – 8] Charleston-Steps, 2 X Walk fwd., Rock Step, Recover

1 - 4 RF point forward - RF step back - LF touch behind RF - LF step forward
(Both hands facing fwd., hands go R on Count 1, L on 2, R on 3 and L on 4 like a wiper)
5 - 6 RF Walk forward – LF Walk forward
7 - 8 RF Rock forward Rock Step 12 Uhr

[9 – 16] Out R-L, In R-L, Step right, Recover, Behind, ¼ Turn l, Step fwd.

1 RF out to right side (R arm stretching sideways -hands facings fwd.)
2 LF out to left side (L arm stretching sideways -hands facings fwd.)
3 RF in (R arm to the right hip)
4 LF in (L arm to the left hip)
6 - 7 RF Rock step side right
7 & 8 RF behind LF – LF ¼ turn left step fwd. - RF step forward 9 Uhr

[17 – 24] Jump out, Cross R over L, ½ turn L, Clap, Jump R , Jump L, Jump 2X R, Jump out R/L

1, 2 Jump out R/L – cross RF over LF
3, 4 ½ turn left, clap 3 Uhr
5, 6 RF jump forward -LF jump forward
7 & RF jump forward 2 x
8 jump forward and slightly out R/L

[25 – 32] Jazzbox, Jazzbox w. ¼ turn l

1 - 4 RF cross over LF, LF step back, RF step to right, LF step fwd.
(1) R hand on the left upper arm, (2) L hand on the right upper arm, (3) R hand on R leg, (4) L hand on L leg
5 - 8 RF cross over LF, LF ¼ turn right step back, RF step right, LF step fwd. 6 Uhr
(5) R hand on the left upper arm, (6) L hand on the right upper arm, (7) R Hand to right ear (hand facing fwd),
(8) L Hand to left ear (hand facing fwd)
Wall 6 Restart

[33 – 40] Stomp 2x, Heel fwd. 2x, Stomp L, Stomp R, run fwd. 3x

1 – 2 RF Stomp 2 X
3 - 4 Left heel touch forward 2 X
5 – 6 LF Stomp on place RF Stomp on place
7 & 8 run forward 3 X (L – R -L) Hands repeat so as 1 – 4 section 1 but L – R - L

Start again & smile

Restart: Wall 6 after 32 Counts