

Buddy's Hank

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Maureen Sheppard (UK) - February 2013
音樂: Hankin' It Up - Buddy Eugene & Claudia : (CD: Without You.)



Right Side Strut, Back Rock. Left Side Strut, Back Rock.

1-2 Touch Right Toe to Right side, Snap Right Heel down taking weight,
3-4 Rock back onto Left, forward onto Right,
5-6 Touch Left Toe to Left side, Snap Left Heel down taking weight,
7-8 Rock back onto Right, forward onto Left.

Two Half Monterey Turns*.

1-2 Touch Right Toe out to Right side, make half turn over Right shoulder transferring weight to Right,
3-4 Touch Left Toe out to Left side, step Left in place.
5-8 Repeat steps 1 - 4

***Beginner option: Steps 1-4 Touch Right Toe out to Right side, Step Right in place, Touch Left Toe out to Left side, Step Left in place. Steps 5-8 Repeat steps 1-4.**

***Intermediate Options: Full Monterey Turn followed by Side touches.**

Or: Two full Monterey turns followed by two staggering heel struts forward ... or in that general direction. ;-)

***RESTART: Here on Wall 5.**

Two Heel Struts Forward, Right Heel Hook Heel Touch.

1-2 Touch Right Heel forward, snap Right Toe down taking weight,
3-4 Touch Left Heel forward, snap Left Toe down taking weight,
5-6 Touch Right heel forward, Hook Right leg across in front of Left shin,
7-8 Touch Right Heel forward, Touch Right Toe next to Left instep.

Reverse Rhumba Box with 1/4 Turn Left.

1-2 Step Right to Right side, Step Left in place next to Right,
3-4 Step Right back, Hold,
5-6 Step Left to Left side, Step Right in place next to Left,
7-8 Make a quarter turn to the Left and Step Left forward, Hold.

Repeat.

***Optional Ending - Replace the quarter turn with a half turn to the Left to finish facing the front wall, and pose.**

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