

Smelly Feet

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Kim Nolan (UK) - April 2013
音樂: Smelly Feet - 1st Madhouse Scouts & Guides : (Album: Russ Abbots Madhouse - iTunes)



Intro: 16 counts

Music: Smelly Feet by Russ Abbot - available on iTunes Russ Abbots Madhouse. You may recognize the song as it is a fun version from a Cliff Richard song Lucky Lips.

Ideal for children and adults young at heart.

You may remember Russ Abbots character from his Madhouse TV series, and his saying Dib Dib Dib! Dob, Dob, Dob!

START ON LYRICS: in the meantime during the intro dib dibs & dob dobs make a Scout salute just like Russ Abbots salute. (options/tips, are for extra young children for balance)

#1: (Charleston basic) Kick, Replace, Touch, Replace (repeat basic)

1-2 Kick R forward, step R back in place
3-4 Touch L back, step L in place
5-8 (repeat 1-4)

#2: Toe Struts right x 4, Turn, Crossing Toe Struts left x 4 (wobble head during toe struts)

keep head wobbling, facing wall you are dancing at, just like the Russ Abbots character

1&2& (turn & wobble head over L shoulder facing 12:00 as you strut to your right) Step R toe fwd, drop heel, step L toe fwd, drop heel
3&4& Repeat 1-2&, quick turn ¼ R (3:00)
5&6& (wobble head facing 3:00 this time over R shoulder) (walk to L) Cross R toe over left, drop heel, Step L toe to left side, drop heel
7&8& Repeat 5-6&

#3: Turning Shuffle, Back Rock, Kick Ball Change

1&2 (Turning shuffle ¼ r) step R fwd to right, step L to inset of right, step R fwd (6:00)
3&4 (Turning shuffle ¼ r) step L fwd, step R to instep of left, step L fwd (9:00)
5-6 Rock back on R, recover (weight to left)
7&8 Kick R forward, step R ball of foot in place, step L in place (weight on left)

(Option for 7&8: Stomp R next to left, clap, clap)

#4: Side Switches, Heel Touch, Clap, Toe Touch, Clap, Run, Hitch (& hold nose)

1&2& Touch R to right side, step R in place, touch L to left side, step L in place

(Option: fwd R kick, tog, fwd L kick together)

3& Touch R heel forward, clap

4& Touch R toe back, clap

5&6& Run forward, right, left, right, left

7-8 Hitch R knee up (pointing toes up) hold nose & shout out POOH CHEESE! (pretending to have smelly feet) (Tip: for balance lift other arm outwards)

Start again

As I, and many of you give our dance routines freely, I would like to dedicate this dance to the amazing Daniel, his wonderful friends, and to ALL children everywhere (not that any of you have smelly feet of course! So no teasing!) It would be great if teachers of this routine could raise a coin or 2 from your classes/events etc. to donate to your local Childrens charity of your choice. On behalf of all children, thank you.

