

Lets Get Ridiculous

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Alison Johnstone (AUS) & Luke Potts (AUS) - September 2013
音樂: Let's Get Ridiculous - Redfoo : (Single - iTunes)



OR VIRTUALLY ANY SONG YOU CHOOSE – A great beginner easy fun dance

Start: Just after he says “let’s go” 14 seconds

(1-8) Walk Forward Right, Left, Right, Left, Step Side Right, Touch Left Diagonal, Step Side left Tough Right Diagonal

- 1, 2 Walk forward Right, Walk forward Left
- 3, 4 Walk forward Right, Walk forward left
- 5, 6 Step Right side, Touch Left to Lft Diagonal (Option -sway hips, wave arms over head or shimmy)
- 7, 8 Step Left side, Touch Right to Rt diagonal (Option -sway hips, wave arms over head or shimmy)

(9-16) Walk Back Right, Left, Right, Left, Step Side Right, Touch Left Diagonal, Step Side left Tough Right Diagonal

- 1, 2 Walk back Right, Walk back Left
- 3, 4 Walk back Right, Walk back Left
- 5, 6 Step Right side, Touch Left to Lft Diagonal (Option -sway hips, wave arms over head or shimmy)
- 7, 8 Step Left side, Touch Right to Rt diagonal (Option -sway hips, wave arms over head or shimmy)

(17-24) Right Rocking Chair, Pivot ½ Left, Pivot ¼ Left (3.00)

- 1, 2 Rock forward on Right, Recover on Left
- 3, 4 Rock back on Right, Recover on Left
- 5, 6 Step forward Right, Pivot ½ over Left (weight transfer to Left)
- 7, 8 Step forward Right, Pivot ¼ over Left (weight transfer to Left)

(Option to circle arms over head when turning)

(If smaller children or Absolute Beginners -you can walk around as in the final section but ¾ only)

(25-32) Cross, Point, Cross, Point,

- 1, 2 Cross Right over Left, Point Left to Side
- 3, 4 Cross Left over Right, Point Right to Side
- 5,6,7,8 Walk in a full circle over Left walking Right, Left, Right, Left

(If smaller children or Absolute Beginners – you can wiggle/march on the spot)

*****OPTION TO MAKE THE LAST 4 COUNTS A BIT HARDER -Paddle Turns x4 (Full Turn)*****

- 5&6& Touch Right forward, Turn ¼ Left (&), Touch Right forward, Turn ¼ Left (&)
- 7&8 Touch Right forward, Turn ¼ Left (&), Turn ¼ Left touching Right to side

(Don't worry too much about the ¼ turns basically just touch turn over Left to the counts completing a full turn)

- You can push arms to Right Side every time you Touch Right)

START AGAIN

Choreographed for the Nuline Dance Schools/Beginners programme-
Options will be dependent on age/level)

We hope you enjoy

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