

Population 4000

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Debbie Ellis (ES) - May 2014
音樂: Population 4000 Minus 1 - Kevin Sharp : (Album: Measure Of A Man)



Intro - Start on vocals

Side Strut, Cross Strut, Chasse, Rock, Recover.

- 1 - 2 Touch Right toe to Right side, put weight down on to Right foot.
- 3 - 4 Cross touch Left toe over Right, put weight down onto Left foot.
- 5&6 Step Right to Right side, close Left beside Right, step Right to Right side.
- 7 - 8 Rock back on to Left, Recover on Right.

Side Strut, Cross Strut, Chasse, Rock, Recover.

- 1 - 2 Touch Left toe to Left side, put weight down on to Left foot.
- 3 - 4 Cross touch Right toe over Left, put weight down onto Right foot.
- 5&6 Step Left to Left side, close Right beside Left, step Left to Left side.
- 7 - 8 Rock back on to Right, Recover on Left.

Step, Pivot, Step, Clap x2.

- 1 - 4 Step Right forward, pivot ½ turn Left, step Right forward, (Clap).
- 5 - 8 Step Left forward, pivot ½ turn Right, step Left forward, (Clap).

Stroll Forward, Kick, Stroll Back, Touch.

- 1 - 4 Walk forward, R,LR, kick Left forward.
- 5 - 8 Walk back , L,R,L, touch Right toe beside Left.

* (Tag wall 4).

Stomp, Heel, Toe, Swivels, Touch x2.

- 1 - 4 Stomp Right to Right side, twist Left heel in, twist Left toe in, touch Left beside Right.
- 5 - 8 Stomp Left to Left side, twist Right heel in, twist Right toe in, touch Right beside Left.

Jazz Jumps Forward & Back with Claps, Heels Swivels.

- &1-2 Jump forward, R,L, (Clap).
- &3-4 Jump back R,L, (Clap).
- 5 - 8 Swivel both heels, R,L,R,L, (end in parallel position).

Grapevine Right, Touch (or Flick), Grapevine ¼ Turn Left, Scuff.

- 1 - 4 Step Right to Right side, cross Left behind Right, step Right to Right side, touch Left beside Right (option - Flick Left behind Right and slap Leather!).
- 5 - 8 Step Left to Left side, cross Right behind Left, step Left forward making ¼ turn Left, scuff Right forward.

Rocking Chair, Jazz box with Cross.

- 1 - 4 Rock Right forward, Recover on Left, rock Right back, Recover on Left.
- 5 - 8 Cross Right over Left, step Left back, step Right to Right side, cross Left over Right.

Start Again and have fun xx

Tag & Restart*

During wall 4, dance up to count 32, then Stomp Right to Right side (no weight), hold for 3 counts, then Restart from count 1 (facing 3:00).

Last Update - 8th May 2014

