Swivelfeet Linedancers Hälsinglands gladaste Linedancers

Besök alltid vår hemsida

www.swivelfeet.se

Lucky Punch

32 Count, 4 Wall, Improver

Choreographer: Robbie McGowan Hickie (UK)

Choreographed to: Lucky Punch by Lou Bega, CD: Free Again (110 bpm)

16 Count intro



Actual footwork		
Section 1	Hip Bumps. Behind. Side. Cross. Left Side Rock. Recover 1/4 Turn Left. Left Lock Step Back.	
1 &	Touch Right toe Diagonally forward Right - Bumping hips forward. Bump hips back.	
2 &	Bump hips forward. Bump hips back.	
3 & 4	Cross Right behind Left. Step Left to left side. Cross step Right over Left.	
5 - 6	Rock Left out to Left side. Recover weight on Right making 1/4 turn Left.	
7 & 8	Step back on Left. Lock step Right across Left. Step back on Left. (Facing 9 o'clock)	
Option:	Count 1 above Push Hands Up to Right Side, Clicking Fingers Up Repeat on Count 2	

Section 2	1/2 Turn Right x 2. Right Mambo Back & Kick. Cross Samba (Right & Left).
1 - 2	Make 1/2 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left.
3 & 4	Rock back on Right. Rock forward on Left. Kick Right Diagonally forward Right.
5 & 6	Cross step Right Forward over Left. Rock Left to Left side. Recover weight on Right.
7 & 8	Cross step Left Forward over Right. Rock Right to Right side. Recover weight on Left.
Note	Counts 5 – 8 above Should Travel Slightly Forward.

Section 3	Cross. 1/4 Turn Right. Right Shuffle 1/2 Turn Right. Left Mambo Forward. Right Mambo Back.
1 - 2	Cross step Right over Left. Make 1/4 turn Right stepping back on Left. (Facing 12 o'clock)
3 & 4	Right shuffle making 1/2 turn Right stepping Right. Left. Right. (Facing 6 o'clock)
5 & 6	Rock forward on Left. Rock back on Right. Step back on Left.
7 & 8	Rock back on Right. Rock forward on Left. Step forward on Right.

Section 4	Forward Rock. Sailor Cross 3/4 Turn Left. Side Step Right. Drag. Side Step Left. Together. Forward.
1 - 2	Rock forward on Left. Rock back on Right
3 &	Cross Left behind Right making 1/2 turn Left. Step Right beside Left making 1/4 turn Left.
4	Cross step Left over Right.
5 - 6	Long step Right to Right side. Drag/Slide Left beside Right. (Weight on Right)
7 & 8	Step Left to Left side. Close Right beside Left. Step forward on Left. (Facing 9 o'clock)