1 2 Step (快樂起舞) (zh)

Compte: 32 **Mur:** 4 **Niveau:** Beginner
Chorégraphe: Sobrielo Philip Gene (SG)
Musique: One, Two Step (feat. Missy Elliott) - Ciara

前奏： 4 eights starting on first beat 32拍後起跳

第一段 STEP TOUCHES, STEP STEP (FEETS APART) 踏 點, 踏 踏(雙腳分開)

1-2	Step right to right (1) , touch left beside right (2) 右足右踏, 左足併點
3-4	Step left to left (3) , touch right beside left (4) 左足左踏, 右足併點
&5	Step right diagonally back to right(&) , touch left beside right(5) 右斜角線後踏, 左足併點
&6	Step left diagonally back to left (&) , touch right beside left (6) 左斜角線後踏, 右足併點
7-8	Step right forward (7) , step left to left (8) (feets apart) 右足前踏, 左足左踏(雙腳分開)

第二段 TOUCH FLOOR, THIGH SLAP, BOUNCE ¼ TURN, KICK STEP BACK, HIP BUMPS FLICK 碰地板, 拍大腿, 彈跳轉1/4, 踢後踏, 推臀抬

1	Using right hand touch the floor or point to the floor (Body is bending down) (1) 身體彎下去以右手碰點地板
2	Stand up and clap respective thighs with respective hands (2) 站立並用雙手各自拍左右兩邊的大腿
3&4	Making ¼ turn left bounce both feets 3 times (3&4)(weight on left) 以足踵彈跳三次左轉90度(重心在左足)
5&6	Kick right forward (5), step right back (&), step left to left (6) 右足前踢, 右足後踏, 左足左踏
7&8	Bump hips to left (7), bump hips to right (&), bump hips to left and flick right behind left(8) 左推臀, 右推臀, 左推臀右足於左足後抬起

第三段 STEP TOGETHER (SIDE) KNEE POPS SIDE, STEP TOGETHER (BACK) KNEE POP FORWARD 踏 側併 膝蓋側, 踏 後併 膝蓋前

1-2	Step Right to right (1) ,step left beside right (2) 右足右踏, 左足併踏
3	Pop right and left knees out to respective side (3) 左右膝蓋分別向外
&	Bring both knees in towards each other (&) 左右膝蓋向內
4	Pop right and left knees out to respective side (4) 左右膝蓋向外
&	Bring both knees in (&) 左右膝蓋向內
5-6	Step right back (5) , touch left beside right (6) 右足後踏, 左足併點
7&8	Pop right knee forward (7) ,pop left knee forward (&) ,Pop right forward (8) , pop left forward (&) 右膝蓋向前, 左膝蓋向前, 右膝蓋向前, 左膝蓋向前

第四段 STEP TOGETHER (SIDE) KNEE POPS SIDE, STEP TOGETHER (FORWARD) KNEE POP FORWARD 踏 側併 膝蓋側, 踏 前併 膝蓋前

1-2	Step left to left (1) , step right beside right (2) 左足左踏, 右足併踏
3	Pop right and left knees out to respective side (3) 左右膝蓋分別向外
&	Bring both knees in towards each other (&) 左右膝蓋分別向內
4	Pop right and left knees out to respective side (4) 左右膝蓋分別向外
&	Bring both knees in (&) 左右膝蓋分別向內
5-6	Step left forward (5) , touch right beside left (6) 左足前踏, 右足右點
7&8	Pop left knee forward (7) pop right knee forward (&) , Pop left forward (8) , pop right forward (&) 左膝蓋向前, 右膝蓋向前, 左膝蓋向前, 右膝蓋向前

Tag On The 5th wall (front wall) do this 4 count tag, 第五面牆(面向前面)加4拍

1-4	Out out in in Step right forward (1) step left forward (2) , Step right back (3) step left beside right (4) 右足前踏, 左足前踏,右足後踏,左足併踏