

拍数: 32 墙数: 2 级数: Intermediate/Advanced
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音乐: Who Is He? - Dr. Ronnie Barnes



CUBAN PRESS-TOUCH-STEP-PRESS, SCUFF-HITCH-TURN, BODY ROLL

- 1 Step forward on left foot (upper body is extended over left foot, right hip pushed back)
- 2& Touch right next to left, step back in place with right
- 3 Step left forward into Cuban press (upper body is extended over left foot, right hip pushed back)
- 4&5 Scuff right foot beside left, hitch right using momentum of scuff to pivot ½ turn to right, touch right forward
- 6-7 Body roll starting with chest rolling forward, following with rest of body to finish with weight forward on right

SIDE CHASSE-¼ TURN, ¼ turn STEP TURN

Optional 1 ½ spiral-ronde-whip turn.

- 8&1 Step left to side, together with right, ¼ turn to left stepping onto left
- 2-3 Step forward with right, ½ turn to left (weight on right leg)
- Optional Spiral Whip
- Step forward on right (2), spiral a full turn to left (weight remain on right throughout (&)), continue turning to left, sweeping left leg around sharply to assist with the additional ½ turn. Weight should finish still on right leg with the left leg bent and the toe touching forward ready for the following sequence (3)

FORWARD TRIPLE, ROCK-RECOVER, REVERSE TOE TAP TURN

- 4&5 Step forward left, lock right behind in 3rd position, step forward left
- 6-7 Rock forward on right, recover onto left
- 8& Tap right toe behind twice turning ½ turn to right
- 1 Step full weight onto right

FULL PIVOT TURN, SYNCOPATED WEAVE TO RIGHT, ROCK-EXAGGERATED RECOVER BEHIND-TURN-STEP (PRESS)

- 2-3 Step left across and in front of right, turn full turn to right keeping weight on right leg
- &4 Step left foot to left side, step right behind left
- &5 Step left foot to left side, step right across and in front of left

Body is at a left diagonal at this point

- 6-7 Rock left forward diagonal, recover taking wide side step to right dragging left to a closed position next to right

Weight remains on right after drag

The styling of this recover step is with the abdomen pulled in, as if sucking in wind. The emphasis is on the abdomen; the shoulders and chest should not collapse in

- 8&1 Step left behind right, ¼ turn to right stepping forward onto right, step forward into left press

TOUCH AND PRESS, KICK AND POINT, TOUCH, DOWN AND UP

- 2&3 Touch right next to left, step back in place with right, step forward on left foot (press)
- 4&5 Low kick right forward, step in place onto right, point left to left side
- &6 Step left next to right, touch right toe forward
- &7 Contract chest in slightly, bend both knees while arching chest with shoulders and buttocks back
- &8 Contract chest in slightly starting to straighten legs, arch chest with shoulders and buttocks back

REPEAT
