My Kind Of Love



拍数: 32 编数: Intermediate Lyrical Hip-Hop

编舞者: Kitija Vāvere (LAT) - August 2015 音乐: My Kind of Love - Emeli Sandé



S1: STEP, HIGH RONDE, SAILOR STEP 1/8 R, HITCH, 1/2 TURN R, STEP, HITCH, KICK BACK, 3/8 TURN R, BODYROLL 2X

R, BODYROLL 2X		
1	RF□Step forward, bend LF	
2	LF□Weight on LF, high ronde with RF backwards	
3	RF□Step behind LF	
&	LF□Step to L	
4	RF□Step 1/8 to R	
5	LF□Hitch ½ to L, with R arm push left shoulder back (10:30)	
&	LF□Step behind RF	
6	RF □Hitch	
&	RF□Kick back, hitch RF turning 3/8 to R (3:00)	
7	RF□ Step forward, bodyroll down	
8	Bodyroll down	

S2: 1/4 STEP L, STEPSIDE R,L , KNEE IN, KNEE OUT, 1/4 TURN L, ROCK STEP, STEP BACK, 1/4 TURN L, STOMP

L, STOMP	
9	LF□Step 1/4 to L, make a big circle in front of body with R arm
10	RF □Step to R, hit R arm down
11	LF□Step to L, hit L arm down
&	Turn left knee in,
12	Turn left knee out 1/4 to L (9:00)
13	RF□Step forward
&	LF□Step back
14	RF□□Step back
15	LF□Step 1/4 to L

S3: KNEE BEND, ARM MOVEMENT, KNEE BEND, ARM MOVEMENT, HEAD MOVEMENT, CROSS, SIDE, STEP, FLICK, STEP 1/2 TURN L, STEP ½ TURN L

SIEP, FLICK, SIEP 1/2 TURN L, SIEP /2 TURN L		
17	RF□Bend knee, R arm goes up, L arm goes down	
18	RF□Stretch knee, bend left knee (sharp movement), R arm goes down, look on R arm, L arm on side	
19	Head roll from R to L backwards	
20	Head stops straight, look forward, weight on LF	
21	RF□Step over LF	
&	LF□Step to L	
22	RF□Step to R	
23	LF□Flick back	
&	LF□Step 1/2 L	
24	RF□Step 1/2 to L	

S4: ARM MOVEMENT, KICK, HITCH 2X, STEP, KNEE OUT, KNEE IN, KICK, STEP

25 Bring R arm up straight in front

RF□Stomp to R (6:00)

26 Hold

16

- 27 RF□Kick forward
- & Bend right knee, bend elbow (bringing arm closer to body)
- 28 RF□hitch (bring arm to the body)

29	RF□Step forward	
30	LF□Step side	
&	Turn left knee out, upper arm □parts together, bring R elbow up, L elbow down	
31	LF□Turn knee in, bring L elbow up, □R elbow down	
&	LF□Kick forward, punch both hands forward	
32	LF□Step next to RF (weight on LF), □bring both hands down	
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