

Dirty Work

拍数: 64 墙数: 2 级数: Improver
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音乐: Dirty Work - Austin Mahone



S1 [1-8]: STEP TOUCHES WITH FIST ROLLS

- 1-4 Step forward on the right foot bending forward slightly, rolling fists around each other forward (1), touch left toe next to right foot (2), step back on left foot standing upright, rolling fists around each other backwards (3), touch right toe next to left foot (4)
5-8 repeat steps 1-4

S2 [1-8]: GRAPEVINE RIGHT, ROLLING GRAPEVINE LEFT

- 1-4 Step right to right side, step left behind right, step right to right side, touch left toe next to right
5-8 Making a full turn to the left, step left, right, left, touch right toe next to left

S3 [1-8]: WALK BACKS

- 1-4 Step right back angling the body slightly to the right, step left back angling the body slightly to the left, step right back angling the body slightly to the right, touch left toe next to right
1-4 Step left foot back angling the body slightly to the left, step right back angling the body slightly to the right, step left back angling the body slightly to the left, touch right toe next to the left

S4 [1-8]: BODY ROLL RIGHT THEN LEFT, KICK & OUTS

- 1-4 Roll body to the right, roll body to the left
5-8 Kick right foot forward (5), step right in place (&), kick left foot out to left (6), kick left foot forward (7), step left in place (&), kick right foot out to the right (8)

S5 [1-8]: ½ WALK AROUND, HIP ROLLS

- 1-4 Walk right foot forward starting to make a ¼ turn to the right, walk left at 1/4 turn, walk right making the ¼ turn, walk left – now facing back wall
5-8 Tap right foot slightly to the right (5), step right down and roll hips from left to right (6), tap left foot slightly to the left (7), step left down and roll hips from right to left (8)

S6 [1-8]: HIP ROLLS, SAILOR STEPS MAKING A ¼ TURN

- 1-4 Tap right foot slightly to the right (1), step right down and roll hips from left to right (2), tap left foot slightly to the left (3), step left down and roll hips from right to left (4)
5-8 Sailor step right, left, right; making a ¼ turn to the left, sailor step left, right, left

S7 [1-8]: KICK BALL STEP, WALK, WALK, OUT & CROSS, HIP GRINDS

- 1&2 Kick right foot forward, step right in place, step forward on left
3-4 Walk right, left
5&6 Step right foot out to right side, step left in place, cross right over left
7-8 Step left out to left side grinding hips to the left, step right in place grinding hips to right

S8 [1-8]: HIP GRINDS, REVERSE COASTER, SHIMMY SHOULDERS WALKING FORWARD

- 1-2 Step left out to left side grinding hips to the left, step right in place grinding hips to the right
3&4 Step left behind right making a ¼ turn to the right (3), step right in place (&), step left foot slightly forward (4)
5-8 Walk forward right, left, right, left while shimmying shoulders

REPEAT

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