

I Are

拍数: 32 墙数: 4 级数: Beginner
编舞者: LD Crazy Mike (SWE) & Micaela Svensson Erlandsson (SWE) - October 2015
音乐: The Way I Are (feat. Keri Hilson & D.O.E.) (Remix) - Timbaland



Intro 32 counts after Heavy beat.

Section 1: Right Knee Pop. Left Knee Pop. Right Knee roll. Left Knee roll 1/4 turn left.

- 1 Push right knee forward and in by lifting the heel off floor
- 2 Push left knee forward and in by lifting the heel off floor.
- 3 Straighten right knee and take heel back to the floor.
- 4 Straighten left knee and take heel back to the floor.
- 5-6 With weight on right toes roll knee from left to right. Step down on right.
- 7-8 With weight on left toes roll knee from right to left turning 1/4 left.

Section 2: V- Steps x 2

- 1-2 Step forward widely on right. Step forward widely on left.
- 3-4 Step back on right. Step left beside right.
- 5-6 Step forward widely on right. Step forward widely on left.
- 7-8 Step back on right. Step left beside right.

Section 3: Cross. Heel Bumps x 3 Turning 1/2 left. Step. Drag. Knee Pops.

- 1-4 Cross right over left. Bounce heels three times turning all in all 1/2 left.
- 5-7 Take a long step to the right. Drag left towards right (2 counts).
- & Push both knees forward by lifting the heels off floor.
- 8 Straighten knees and take heels back to the floor.

Section 4: Step. Drag. Knee Pops. Right Out. Left Out. Right In. Left In.

- 1-3 Take a long step to the left. Drag right towards left (2 counts).
 - & Push both knees forward by lifting the heels off floor.
 - 4 Straighten knees and take heels back to the floor.
 - 5-6 Step out to right with right. Step out to left with left.
 - 7-8 Step in to centre on right. Step in to centre on left.
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