

拍数: 32 墙数: 4 级数:
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音乐: Men In Black - Will Smith



&CROSS LEFT, STEP RIGHT, & CROSS RIGHT, STEP LEFT, & CROSS LEFT, STEP RIGHT, UNWIND ½ LEFT

- &1 Step on the ball of the right foot behind the left heel, and cross the left foot over the right.
- 2 Step right with the right foot.
- &3 Step on the ball of the left foot behind the right heel, and cross the right foot over the left.
- 4 Step left with the left foot
- &5 Step on the ball of the right foot behind the left heel, and cross the left foot over the right.
- 6 Step right with the right foot.
- &7 Step on the ball of the left foot behind the right heel, and cross the right foot over the left.
- 8 Pivot ½ turn to the left on the balls of both feet. (keeping weight on the left foot)

RIGHT KICK & HEEL, STEP TOGETHER, TURN ¼ RIGHT, LEFT KICK-BALL-TOUCH, HOLD, CLAP-CLAP

- 1 Kick the right foot forward.
- &2 Step back on the right foot and tap the left heel
- &3 Draw the left foot slight back and step. Touch the right toe next to the left foot.
- 4 Pivot ¼ turn to the right, taking weight on the right foot.
- 5 Kick the left foot forward
- &6 Step left foot next to right, touch the right toe next to the left foot
- 7 Hold for one count.
- &8 Clap hands, twice.

HIP BUMPS (RIGHT RIGHT-LEFT LEFT) WALKING KNEE KNOCKS (RIGHT LEFT RIGHT LEFT)

- 1-2 Step right with the right foot and push hips to right twice.
- 3-4 Shift weight to left foot, push hips to left, twice
- 5-8 The next four counts--walk forward right-left-right-left while knocking knees together. If you smiled, you're doing it right!

STEP RIGHT, SLIDE LEFT. STEP LEFT, SLIDE RIGHT. STEP RIGHT, SLIDE LEFT. STEP LEFT SLIDE RIGHT, ½ WAY

- 1-2 Step right with right foot. Slide/touch left toe behind right heel.
- 3-4 Step left with the left foot. Slide/touch right toe behind the left heel.
- 5-6 Repeat 1-2
- 7-8 Step left with the left foot. Slide the right toe only half way to the left foot.

REPEAT