

拍数: 0 墙数: 0 级数:
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 音乐: Black Suits Comin' (Nod Ya Head) - Will Smith & TRÂ-Knox



Sequence: AA, B, AA, B, AA, BB

PART A

KICK & TOUCH TWICE. HEEL SWIVELS, STEP TOGETHER

- 1&2 Kick right foot forward, step right foot to left, touch left foot back
- 3&4 Repeat counts 1&2 on left foot
- 5&6 Swivels heels left-right-left making ½ turn right
- 7-8 Step right foot forward, step left foot next to right

Lean back slightly on count 7

Arm styling:

- 7 With left arm bent 90 degrees in front of body, right elbow resting on left hand . Right arm facing almost straight forward with right palm facing up
- 8 Turning right arm up and around left arm and back out pointing with finger

SIDE, TOUCH BEHIND TWICE, ½ TURN RIGHT, SLIDE OUT & TOGETHER

- 1-2 Step right foot to right side making a ¼ turn right, touch left behind right
- 3-4 Repeat counts 1-2 making a ¼ turn back to left
- 5-6 Hold, with body leaning back weight on right with left leg out to left side
- 7-8 Step forward left, touch right next to left

Arm styling:

- 1-2 Rolling both hands around and down ending with palms facing down, rolling hand back up
- 3-4 Rolling hands down again, flip hands ending pointing diagonal down
- 5-6 Make a circle with right arm going around to the right, followed by left arm, when left arm comes around bring right arm up with right thumb pointing diagonal up, and left pointing down left while leaning back
- 7 Let arm go down again

WALK FORWARD TWICE, KICK-HITCH-DOWN POPS, CROSS UNWIND

- 1-2 Step right foot forward, step left foot forward
- 3&4 Kick right foot forward, hitch right knee & turn ¼ right, step right foot slightly forward
- 5&6 Pop right knee left, pop right knee out to right, pop right knee to center, taking weight onto whole foot
- 7-8 Cross left foot over right, unwind full turn right

HEELS OUT-IN-OUT, STEP, TOGETHER & STEP, ½ LEFT & FORWARD, TOGETHER

- 1&2 Push heels out & bend knees, bring heels in and knees turned out, straighten legs
- 3&4 Scuff right foot slightly left, make a jump turn ¾ right
- 5-6 Hitch right knee, step right back
- 7-8 Hold

Arm styling:

- 5 Slap left hand on right knee
- 6 Make an 8 circling left hand around and ending with thumb up to the right by shoulder

PART B

STEP OUT, TOGETHER, 3 PART BODY ROLL, JUMP OUT-IN-OUT, STEP FORWARD, TOGETHER

- 1-2 Step right foot to side & pop left knee in, bring left knee to center & step right foot to left
- 3&4 Push shoulders back, contract stomach muscles, sit

- 5&6 Jump feet apart, jump feet together turning ½ right, jump feet apart
 7-8 Step right foot forward, step left foot to right
Arm styling:
 1-2 Right arm straight out to right, left hand act like pushing head to right side, bring head & hand back together
 3&4 Bring hands to chest palms down, push hands down to stomach, push hands down again
 5&6 No arms
 7&8 Cross hands & touch shoulders, uncross hands & touch shoulders, put hands down

FLICK & ¼ STEP, STEP OUT, HOLD, STEP FORWARD-FORWARD-BACK-BACK

- 1&2 Flick right foot out slightly, hitch right knee, step right foot ¼ to right
 3-4 Step left foot to left side, hold foot position
 5-6 Step right foot forward to right diagonal, step left foot forward to left diagonal
 7-8 Step right foot back, step left foot to right

Arm styling:

- 1-2 With palm down rotate wrist right ending with palm up & hand down close to thigh
 3-4 Left hand at chest height, palm facing forward, look left
 5-6 Rotate hand right, palm out (down to right), rotate hand left, palm out (in front of face)
 7-8 Rotate hand right, palm out (down to right), rotate hand left, palm out (under left arm) (left hand still out)

STEP OUT & NOD, JUMP TOGETHER & UP, HITCH & HITCH, SLIDE TOGETHER

- 1&2 Step right foot to right side & put right arm up, drop hand at wrist & nod head, look up & lift hand, drop head & hand at wrist
 3-4 Jump feet together, crouching, turning ¼ left, jump up ending with right slightly in front of left (weight on right)
 5-6 Hitch left knee, hitch left knee turning ¼ right
 7-8 Step left foot to left side, slide right foot to left

RUN STEPS, BUMPS TWICE, FULL TURN LEFT

- 1&2 Step right foot to right, cross left foot in front of right, step right foot to right

Counts 1&2, are done on a slight diagonal

- 3-4 Bump hips to right twice (push left hand to right with hips)
 5-6 Arms: left arm straight out to left side, right arm bent with elbow to right side, switch arms
 7-8 Make full turn left with feet together, punch diagonally down

Arms

- 7 Swing arms around head to left as you turn
 Bend slightly forward bending knees
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