

Not Nsync

拍数: 32 墙数: 2 级数: Improver
编舞者: John Lindsay (USA) & Mike Raposa (USA)
音乐: Dance & Shout - Shaggy



KICK REPLACEMENTS, ½ TURN, RIGHT & LEFT SHUFFLES

- 1& Point right foot forward, bring right foot home
- 2& Point left foot forward, bring left foot home
- 3 Step right foot forward
- 4 Pivot ½ turn left
- 5&6 Step right foot forward, step left foot to right, step right foot forward
- 7&8 Step left foot forward, step right to left, step left foot forward

¼ TURN LEFT, SASSY WEIGHT CHANGES, ¼ TURN LEFT

- 1 Step right foot forward
- 2 Pivot ¼ turn left ending with weight on left
- 3 Step right to right side as you bring left foot to right
- 4 Step left to left side as you bring right foot to left
- 5 Lunge to right side turning towards left diagonal
- 6 Hold
- 7 Flex knees and extend right hip
- 8 Roll weight onto left as you extend left hip completing a ¼ turn to left

FULL TURNING HITCH TURNS, SKATE, LEFT SIDE SHUFFLE, ¼ TURN LEFT

- &1 Hitch right knee across front, right toe touch as you pivot ¼ turn left
- &2 Hitch right knee across front, right toe touch as you pivot ¼ turn left
- &3 Hitch right knee across front, right toe touch as you pivot ¼ turn left
- &4 Hitch right knee across front, right toe touch as you pivot ¼ turn left
- 5 On ball of left foot swivel towards right diagonal as you step onto right
- 6 On ball of right foot swivel towards left diagonal as you step onto left
- 7 On ball of left foot swivel towards right diagonal as you step onto right
- 8& Step left to left side, step right beside left
- 1 Step left to left side as you pivot ¼ turn left

½ TURN LEFT, SWEEP, LOCK STEP BACK, ¾ SWIVEL TURN

- 2 Step forward on right
- & Pivot ½ turn left keeping weight on right
- 3 Sweep left foot from front towards back
- 4 Step back on left
- & Cross right over left
- 5 Step back on left
- 6 Cross right foot over left
- 7 Swivel heels towards right
- & Swivel heels towards left
- 8 Swivel heels towards right completing ¾ turn to left

REPEAT