

Old School

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Any Old School Hip Hop Music



MOONWALKS, ¼ TURN RIGHT RIPPLE AND COLLAPSE

- 1-2 Drag right heel back across floor, drag left heel back across floor
- 3-4 Drag right heel back across floor, drag left heel back across floor
- 5-6 Touch right toe back, make a ¼ turn right
- 7-8 (With right arm out to right side shoulder level) make ripple from fingers to shoulder, collapse body towards floor (like a broken robot)

PULL BODY BACK UP TWICE, RIGHT HITCHES TWICE

- 1-2 Place hands in front of body with fingers pointed forward, keeping hands where they are now pull your body half way up to normal position
- 3-4 Place hands in front of body with fingers pointed forward, keeping hands where they are now pull your body up to standing position
- 5-6 Hitch right knee front and across of left, touch right toe to right side
- 7-8 Hitch right knee front and across of left, touch right toe to right side

WEIGHT CHANGE, LEFT HITCHES TWICE, WEIGHT CHANGE, BODY ROLL WITH ¼ LEFT

- 1 Bending knees and lowering body, move body weight and body over right
- 2-3 Hitch left knee in front and across of right, touch toe to left side
- 4-5 Hitch left knee in front and across of right, touch toe to left side
- 6-7-8 Bending knees and lowering body, move body weight and body over left, make a body roll to the left making ¼ left over 2 counts

TOE STRUTS WITH DRAGS X4 (ON THE SPOT)

- 1-2 Touch right toe forward, as you put right heel on floor drag left foot back
- 3-4 Touch left toe forward, as you put left heel on floor drag right foot back
- 5-6 Touch right toe forward, as you put right heel on floor drag left foot back
- 7-8 Touch left toe forward, as you put left heel on floor drag right foot back

OUT, OUT, HANDS ON THE WALL MOVE ACROSS THE WALL TO THE LEFT (MIMING)

- 1-2 Step out on right while placing right hand palm forward above right foot, step out on left while placing left hand palm forward above left foot
- 3-4 Cross right hand behind and
- &5-6 (Keeping hands in this position) step right next to left, step left to left side, cross right hand behind and to left of left hand palm still facing forward
- 7&8 Place left hand to left side of right hand palm still facing forward, step right next to left, step left to left side

STEP RIGHT FORWARD MAKE ¼ LEFT TWICE, ARMS RIPPLE INTO BODY ROLL DOWN

- 1-2 (Dropping hands) step right forward, make a ¼ turn left
- 3-4 Step right forward, make a ¼ turn left
- 5-6 With right arm out to right side shoulder level make ripple from fingers to shoulder across back, and from left shoulder to left fingers
- 7-8 With left arm out to left side shoulder level make ripple from fingers to shoulder, body roll from shoulders to feet placing weight onto left foot (body roll flows straight into moonwalk at beginning of dance)

REPEAT

