

Slave

拍数: 32 墙数: 4 级数: Intermediate
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音乐: I'm a Slave 4 U - Britney Spears



KNEE UP, KNEE UP, ¼ TURN, SLIDE TO THE RIGHT, APPLE JACK TO THE RIGHT

- 1 Hitch up your right knee
- & Put right feet to the floor
- 2 Hitch up your right knee
- 3 Turn a quarter to the right
- 4 Slide to the right
- 5-8 Apple jack to the right while bounce your body up and down

KICK AND KICK, SCUFF, LOCK TURN FULL TO THE LEFT

- 9 Kick your right foot before
- 10 Kick your left foot
- 11 Scuff your right foot in front
- 12 Lock left foot behind right foot
- 13-16 Turn on both foot a full turn to the left, while doing this bounce your hips

PUSHING HIPS/LEGS GO TO THE LEFT

- 17 Step out with your right foot and bounce with your hips
- 18 Step out with your left foot and bounce with your hips
- 19 Step out with your right foot and bounce with your hips
- 20 Step out with your right foot and bounce with your hips
- 21 Step out with your left foot and bounce with your hips
- 22-24 Put your right foot behind left foot, step out your left foot, extend position and put your right foot in front of left feet

TOUCH AND TOUCH, HITCH KNEE, HITCH KNEE, BODY ROLL, ¼ TO THE RIGHT

- 25 Touch right leg beside of your to the right
- 26 Cross your right foot in front of left foot
- 27 Touch right leg beside of your to the right
- 28 Lift your right foot up and give a bounce in it
- 29 Put your right foot down on the ground, hitch your left foot up and give it a bounce
- 30 Put your left foot on the ground
- 31-32 Body roll with a ¼ turn to the right

REPEAT