

Switch

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Alice Lim (SG)
音乐: Switch - Will Smith



1&2 Touch right to side, spin full turn right on left ball, step down on right
3&4& Rock to left, replace right, kick left forward, step left together
Second restart here during wall 8 facing 6:00
5&6 Rock right to side, replace left, step right together
7-8 Touch left back 2x

Easy arms movements: with right lower arm & fist in vertical position (fist is facing in), push right bent elbow down once as if trying to knock elbow on table (7), repeat pushing (8). During counts 7,8, keep left lower arm in horizontal position across stomach - elbow is pointing left & fist facing down

&1-2 Step back on left, step back on right, ½ left stepping forward (6:00)
3-4 Touch right to side, paddle ¼ turn left touching right to side (3:00)
Easy arms movements: with right lower arm & fist in horizontal position (elbow is pointing right), flick elbow up (3) repeat flicking of elbow (4)
&5-6 Step left together, jump on both heels to the left, cross left over right
&7&8 Touch right to side and twist right heel in-out-in

&1-2 Step right together, touch left to side, hook left behind right knee
3&4 Left forward, pivot half turn right, kick left forward
&5-6 Step left together, step right forward, step left to side making quarter turn right - heels apart (12:00)
7&8 Bend knees and swivel toes out-in-out
Easy arm movements: slap thighs with both hands (7), cross arms over chest (&), slap thighs again (8)
Advanced alternative: you can travel to the right as you move toes out-in-out (traveling pigeon feet)

&1 Twist both heels right, twist both heels left
&2 Repeat

You should be traveling to the right during &1&2

Advanced alternative: instead of above steps, continue doing traveling pigeon feet for counts &1&2

Optional arm movements while doing traveling pigeon feet: move right lower arm up (elbow is pointing down, fist is facing in) and at same time touch right elbow with left hand (&) slap thighs (1), move left lower arm up and touch left elbow with right hand (&), slap thighs (2)

3-4& Step forward on right, kick left forward, step left slightly back

First restart here during wall 6 facing 3:00

5-6-7 Cross right over left, step left to side turning head to look left, pivot ¼ turn right to face 3:00

Easy arm movements: while turning your head to look left, extend left arm out to left with fist clenched & facing down and at same time bring right fist next to right ear with right elbow bent & pointing to right (6).

Move right hand over head from left to back of head as if brushing hair with hand & at same time drop left arm down to side (7)

8 Step forward on left (3:00)

REPEAT

RESTART

During wall 6, dance till count 4& of section 3 and restart from count 1

During wall 8, dance till count 4& of section 1 and restart