

Switch

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Bree Sarkies & Linda Burgess (AUS)
音乐: Switch - Will Smith



HEELS TO FRONT, SIDE, BEHIND, TOGETHER, WHILE BOUNCING LEFT HEEL IN PLACE

- 1&2&3&4 Place right heel forward, bounce left heel in place, right heel to right side, bounce left in place, right toe to back, bounce left heel in place, bring right together
- 5&6&7-8& Place left heel forward, bounce right heel in place, left heel to left side, bounce right in place, left toe to back, unwind ½ turn left, hitch left knee. (6:00)

FREEZE WITH ¼ LEFT, RIGHT HITCH W SCOOT BACK, STEP, LEFT HITCH W SCOOT BACK, WALK LEFT, RIGHT

- 1-2-3-4 Step left to left, cross/step right behind left, step left to left turning ¼ turn left, hitch right knee while scooting back on left (4) (3:00)
- 5-6-7-8 Step right down (slightly forward), hitch left knee while scooting back on right, walk forward left, right

STEP LEFT TO LEFT, APPLEJACKS, ½ TURN STEP, HITCH & SCOOT, ½ TURN STEP, HITCH & SCOOT

- 1&2&3&4& Step left to left, applejacks to left, right, left, left (twists optional)
- 5&6&7&8& Step left forward, pivot ½ turn right, step left forward, hitch right knee while scooting forward on left, step right forward, pivot ½ turn left, step right forward, hitch left knee while scooting forward on right. (3:00)

STEP LEFT DOWN, LEFT HIPS, HOLD, ¼ TURN, RIGHT HIPS, HOLD

- 1-2-3-4 Step left down into a left hip bump, bump hip right, bump hip left, hold
- 5-6-7-8 Turn ¼ turn left and step right down into a right hip bump, bump hip left, bump hip right, hold. (12:00)

JUMP OUT, ACROSS, UNWIND, JUMP FORWARD, CLAP, JUMP, BACK CLAP

- 1-2-3-4 Jump feet out, jump feet across (right over left), unwind ½ turn left
- 5-6-7-8 Jump forward with feet together and clap, jump back with feet together and clap

JUMP OUT, ACROSS, UNWIND, JUMP FORWARD, CLAP, ¼ TURN LEFT, JUMP BACK, CLAP

- 1-2-3-4 Jump feet out, jump feet across (right over left), unwind ½ turn left
- 5-6-7-8 Jump forward with feet together and clap, turning ¼ turn left jump back with feet together and clap. (9:00)

REPEAT

TAG

During the 6th wall, after count 24 (step turn hitches):

- 1-2-3-4 Step left to left & pop right knee, pop left knee, pop right knee, pop left knee
- &5&6&7&8 Raise both heels, drop heels, raise heels, drop heels, raise heels, drop heels, raise heels, drop heels. (click fingers when dropping heels)

Restart dance after tag