Just Work It

拍数: 32

级数: Intermediate

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音乐: I Like The Way You Work It - EYC

KICK, KICK BALL CHANGE KICK AND POINT, TURN, POINT, TOUCH

- 1-2 Kick right foot back, kick right foot forward
- &3-4 Step down on ball of right foot, step down on left and kick right foot forward
- &5-6 Step down on right foot making 1/4 turn right and point left toe out to left side, pivot whole turn left on right stepping left to right
- 7-8 Point right toe out to right side, touch right to left

HIP BUMPS, HIP BUMPS, CROSS UNWIND, STEP SLIDE CLOSE

- Step side on right and bump hips right, left, right 9&10
- 11&12 Pivot ¹/₂ turn left on right foot and step side on left and bump hips left, right, left
- 13-14 Cross right over left and unwind a whole turn left, (weight end on left foot)
- 15-16 Step a large step to right on right, slide left to right (weight end on left)

HEEL SWITCH HEEL, STEP SWIVEL HEELS, TOUCH HITCH CROSS, TRIPLE FULL TURN

- 17&18 Touch right heel forward, step down and touch left heel forward
- &19&20 Step down on left and step forward on right foot, swivel both heels out and in
- 21&22 Making ¼ turn right touch left toe out to side, hitch left knee and cross left over right
- 23&24 Step side on right foot making 1/4 turn left, step back on left making 1/2 turn left, step side right making 1/4 turn left

STEP OUT, OUT, TOE HEEL SWIVELS IN, SYNCOPATED ROCKING CHAIR, KICK TURN KICK

- Step left foot out to side and slightly forward, step right foot out side (feet should now be 25-26 shoulder width apart with weight on both feet)
- 27&28 Swivel both toes in, swivel both heels in, swivel both toes in, (you should now be standing straight with you weight on left foot)
- 29&30& Rock forward right, back on left, rock back on right, forward on left
- Kick right foot forward, step down on right foot making ¹/₂ turn left and kick left forward, step 31&32& down left

REPEAT





墙数: 2