

Hip Hop

拍数: 96 墙数: 4 级数: Advanced
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音乐: Shake the Sugar Tree - Pam Tillis



CHUGS (8 BEATS)

1-4 Step with left foot 4 times making $\frac{1}{4}$ turn to right (pivot on ball of right foot)
5-8 Step with right foot 4 times making $\frac{1}{4}$ turn to left (pivot on ball of left foot)

JUMPING JACKS (8 BEATS)

9&10 Jump: feet apart, feet together, feet apart
& Jump with $\frac{1}{2}$ turn right, land feet together
11&12 Jump: feet apart, feet together, feet apart
& Jump with $\frac{1}{2}$ turn left, land feet together
13&14 Jump: feet apart, feet together, feet apart
& Jump with $\frac{1}{2}$ turn right, land feet together
15&16 Jump: feet apart, feet together, feet apart

CHUGS (4 BEATS)

17-20 Step with right foot 4 times making $\frac{1}{4}$ turn to left (pivot on ball of left foot)

KICK-STEP-TURNS X 5 (20 COUNTS)

21& Kick left foot forward, step back with left
22& Step back with right, step together with left
23&24 Scuff right foot forward with a $\frac{1}{4}$ turn left; lift right knee, stomp right foot
25-40 Repeat pattern 4 more times

You will end up facing original starting wall

VAUDEVILLE STEPS (8 COUNTS)

41-42 Step to side with left foot, step behind left leg with right foot,
& Step to side with left foot
43-44 Step to side with right foot, step behind right leg with left foot,
& Step to side with right foot
45-46 Step to side with left foot, step behind left leg with right foot,
& Step to side with left foot
47-48 Step to side with right foot, step to side with left foot

RUNNING MAN (8 BEATS)

49& Kick right foot forward, step next to left
50& Kick left foot forward, step next to right
51 Step forward with right foot
&52 Swivel heels left, return to center
53& Kick left foot forward, step next to right
54& Kick right foot forward, step next to left
55 Step forward with left foot
&56 Swivel heels right, return to center

JUMP CROSS (4 BEATS)

57-58 Jump with feet apart, jump crossing right leg in front of left leg
59&60 Jump: feet apart, feet together, feet apart

HOPS (4 BEATS)

61-62 Hop to the right, hop to the left,
63&64 Hop to the right, right, right

PIGEONS (4 BEATS)

65-66 Jump with toes out, jump with toes in
67&68 Jump (moving left) toes out, toes in, toes out

WINDOW WASHER (4 BEATS)

69-71 Step back with right foot, step back with left foot, step back with right foot
&72 Swing hands to right and clap

BASKETBALL TURNS (8 BEATS)

& Step with left,
73 Step with right and do ½ pivot to the left
74 Step with right and do ½ pivot to the right
75 Step with right and do ½ pivot to the left
&76 Jump cross left over right, jump & uncross feet
77 Step with right and do ½ pivot to the right
78 Step with right and do ½ pivot to the left
79 Step with right and do ½ pivot to the right
&80 Jump cross right over left, jump & uncross feet

BIG STEPS (8 BEATS) (SHAKE SHOULDERS)

81-82 Step forward with left foot using 2 beats
83-84 Step together with right foot using 2 beats
85-86 Step backward with left foot using 2 beats
87-88 Step together with right foot using 2 beats

ELECTRIC KICKS (8 BEATS)

89& Jump back with right foot & kick out with left step back with left,
90& Step forward with right, step forward with left
91& Jump back with right foot & kick out with left step back with left,
92 Step forward with right
93-94 Walk forward: left, right
95 Place left next to right with toe pointed left
&96 Spin 1 ¼ turn to the left, step down on right

REPEAT
