

Float

拍数: 32 墙数: 4
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音乐: Caught Up - Usher

级数: Intermediate / Advanced



ARM ROLL, PRESS WITH KNEE POP, KNEE POP, BODY ROLL, STEP, ¼ TURN PIVOT, SHOULDER POPS

- 1&2 Feet shoulder with apart with left arm extended out to left side, roll arm from fingers to shoulder like a wave, pop right knee out to right while pressing on right foot
- 3&4 Pop right knee in, roll body to the left while transferring weight to left foot, drag right foot into left
- 5-6 Step forward on left, make a ¼ pivot turn to left
- 7-8 Shrug shoulders right, shrug shoulders left

¾ SLIDE AROUND, KNEE BREAKS, BODY POPS, SIDE STEPS

- 1-2 Slide right foot past left foot while making a ¼ turn to left, slide left foot back past right making a ¼ turn to left
- 3-4 Slide right foot past left, while making a ¼ turn o left, step left out shoulder with apart
- 5 Bend knees in together while dropping body
- 6-7 Rock shoulders right, rock shoulders left
- &8 Step right foot into left, step left to left side while raising body back up

½ TURN WALK, WALK, STEP TOGETHER, STEP, HOLD, CROSS WALKS

- 1-2 Make a ½ turn to the right stepping forward on right, step forward on left
- &3-4 Step together with right, step forward on left, hold
- 5-6 Walking to the side cross right over left, step left to left side
- 7-8 Cross right over left, make a¼ turn to left bringing feet together

ARM STYLING WITH BODY POP

- 1 Bring arms up to chest level hands in front of chest, palms down, with left hand on top of right
- & Arc body to the right, hands still in front of chest, arms angled with left elbow up right elbow down
- 2& Take right hand in front of right knee, pop right knee out using hand like it is controlling its movement
- 3 Pop right knee back in using hand like it is controlling it
- & Bring right hand back up to left hand (like in count 1) straitening body
- 4& Raise left arm while lowering right arm (you are opening up the arms) bring them back together
- 5-6 Roll arms from right elbow to left elbow (like a wave) step left out to left side
- 7-8 Take right hand around the back of the head clock wise, extend left arm out to left side

REPEAT