

拍数: 32 墙数: 2 级数: Intermediate

编舞者: Crazy Chris (UK) 音乐: N.V.S. - VS



LEFT, RIGHT, LEFT IN PLACE, SQUAT KICK, BEHIND & IN FRONT, FULL TURN SWEEP

1&2	Starting with feet slightly	apart weight on right foot	hop/jump/bounce	onto left foot, repeat
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onto right foot, repeat onto left foot, keeping feet shoulder with apart at all times

Still keeping feet apart drop body down left, going across to right, then back up right side in 3-4

semi circle to the left taking both hands in same circle lowering to floor and pulling them in as

you straighten up, step left beside right, kick right to right side

5&6 Step right behind left, step left to left side, cross right over left

Sharp unwind ½ turn over left shoulder keeping weight on right, sharp unwind ½ turn over left 7-8

shoulder sweeping left out and around

BEHIND & IN FRONT, ROCK & CROSS, SIDE BEHIND, 1/4 WALK FORWARD LEFT, RIGHT, LEFT

1&2 Step left behind right, step right to right side, cross left over right 3&4 Rock right to right side, recover onto left, cross right foot over left

5-6 Step left to left side while hitching right, step right behind left while hitching left 7&8 1/4 turn left stepping forward onto left, step forward onto right, step forward onto left

TOUCH & HEEL, STEP ½ STEP, WALK FORWARD LEFT, RIGHT, LEFT, RIGHT, LEFT

1&2 Touch right beside left, step back onto right, dig left heel forward

&3&4 Step onto left, step forward onto right, \(\frac{1}{2} \) turn over left shoulder stepping onto left, step

forward onto right

For counts 5-6-7&8, imagine your knees are joined together. Squat down in a slightly crouched position

5-6 As you walk forward left take both knees to left and both hands to left, as you walk forward

right take both knees to right and both hands to right

7&8 Repeat counts 5 and 6, as you step forward left right left straightening up on your last step

TOUCH & HEEL, &SIDE OUT OUT, LUNGE, LUNGE, 3/4 SWEEP

1&2 Touch right beside left, step back onto right, dig left heel forward

&3&4 Step left beside right, step right to right side, twist both heels out, twist both heels back to

place

5-6 Lean body to left raising left shoulder, lean body to right raising right shoulder

7-8 While taking weight back onto the left sweep right foot out and around turning 3/4 turn over left

shoulder, step right beside left

REPEAT

TAG

END OF WALL 7 FACING BACK WALL

Brush left shoulder with right hand while transferring weight onto left, brush right shoulder 1-2

with left hand while transferring weight onto right

3-4 Punch right fist to left diagonal while transferring weight onto left, leaving right hand forward,

punch left fist to right diagonal while transferring weight onto right

5-6 Thrust hips forward to left diagonal pulling arms back to sides, recover back onto right

7-8 Step onto left sweeping right out and around turning full turn over left shoulder, step onto

right

ENDING

END OF WALL 12 FACING BACK WALL

At end of track there is one cont left facing the back wall jump onto left foot kicking right to right side clicking