

Body Basics

拍数: 60 墙数: 2 级数: Intermediate/Advanced
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音乐: Hang 'em High - Reggae Cowboys



FRONT CROSSING VINES, HEEL STOMPS

- 1 Step to the right on right foot
- 2 Cross left foot over right and step
- 3 Step to the right on right foot
- 4 Stomp left heel forward and diagonally to the left while snapping wrists
- 5 Step to the left on left foot
- 6 Cross right foot over left and step
- 7 Step to the left on left foot
- 8 Stomp right heel forward and diagonally to the right while snapping wrists

HEEL STOMPS

- 9-12 Stomp right heel forward while thrusting crooked right arm forward and snapping fingers
- 13-16 Stomp left heel forward while thrusting crooked left arm forward and snapping fingers

TURNING HIP THRUSTS

- 17 Step forward on right foot making a 1/8 turn to the left while thrusting right hips forward
- 18 Rock back onto left foot while thrusting left hips back
- 19 Step right foot next to left
- 20 Step left foot next to right
- 21-24 Repeat beats 17-20
- 25-28 Repeat beats 17-20
- 29-32 Repeat beats 17-20

LUNGES BACK

- 33 Lunge back on right foot while thrusting both arms forward
- 34 Step left foot next to right while placing both hands on knees
- 35 Lunge back on left foot while thrusting both arms forward
- 36 Step right foot next to left while placing hands on both knees
- 37-40 Repeat beats 33-36

SWAY STEPS WITH CROUCHES

- 41 Step to the right on right foot bending knees into a deep crouch position
- 42 Sway back onto the left foot in the crouch position
- 43 Sway forward onto right foot in the crouch position while bringing arms into a "hold" position on chest
- 44 Sway back onto left foot while straightening up

ARM MOVEMENTS

- 45 With feet in place, thrust arms up overhead
- 46 Place right wrist over left with palms facing outward
- 47 Twist wrists so that palms face inward
- 48 Twist wrists so that palms face outward
- 49 Bring right arm down to the right
- 50 Look down at right arm
- 51 Bring left arm down to the left
- 52 Look down at left arm

- 53 Place arms forward with wrists together
- 54 Twist wrists over each other while bringing arms back to chest (in crossed position)
- 55 Lean forward slightly while spreading arms to sides
- 56 Hold
- 57 Step forward on right foot with right shoulder dipped down and arms/elbows extended in front and fists at waist level
- 58 Step left foot next to right while nodding head to the right
- 59-60 Repeat beats 57-58

REPEAT
