

Bend That Knee

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Sobrielo Philip Gene (SG) & Chew Wei Keat
音乐: Eye Deh a Mi Knee - Sean Paul



FORWARD MAMBO, FORWARD MAMBO, JAZZ BOX

- 1&2 Step right forward, step back on left, step right beside left
- 3&4 Step left forward, step back on right, step left beside right
- 5 Cross right over left
- 6 Step back on left
- 7 Step right beside left
- 8 Step left together beside right

Man: for count 1&2, 3&4 do chest pump out on count 1&3 then retract on 2&4

Lady: when doing mambo, shake your hips like doing salsa

HAND SWINGS, FOUR HEEL BOUNCES WITH HIP ROLLS

- 1 Swing right hand straight up forward with left hand down
- 2 Switch by swinging left hand straight up and right hand down
- 3 Switch by swinging right hand straight up and left hand down
- 4 Switch by swinging left hand straight up and right hand down
- 5-8 Heel bounces making a ¼ turn left with hip rolls to the left (weight on left)

HIP BUMPS, STEP ¼ TURN, FOUR JUMPS

- 1&2 Step right to right and bump hip to right, bump hip to left, bump hip to right flicking left behind right
- 3-4 Step back on left making a ¼ turn right, step right slightly to right (feet slightly apart)
- 5-8 Making 4 short jumps forward with both feet together ending weight on left (if it is hard to do, just bounce heels 4 time)

PIVOT ½ TURN, STEP STEP, KNEES BEND ¼ TURN, WALK WALK

- 1-2 Step right forward making ½ turn left, shift weight on left
- 3-4 Step right diagonally forward, step left diagonally forward
- 5 Right knee pop squatting partially down making ¼ turn left
- 6 Stand up shifting weight on left
- 7 Step right forward
- 8 Step left forward

REPEAT