You Know I Know How



拍数: 64 墙数: 2 级数: Intermediate

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音乐: Club Can't Handle Me (feat. David Guetta) - Flo Rida: (Step Up 3D Soundtrack)



Forward Rock, Full Turn, Back Rock, Kick-Ball Step

1,2. Rock forward on right, recover onto left.

3,4. Make ½ turn right stepping forward on right, make ½ turn right stepping back on left.

5,6. Rock back on right, recover onto left.

7&8. Kick right foot forward, step onto ball of right foot, step forward on left.

1/4 Right Vaudeville, Ball Step, Forward Rock, 3/4 Turn Left

1,2. Make ¼ turn left stepping right to side, cross left behind right.

&3&4. Step right to side, dig left heel forward, step left in place, step forward on right.

5,6. Rock forward on left, recover onto right.

7,8. Make ½ turn left stepping forward on left, make ¼ turn left stepping right to side.

Left Sailor Step, Weave, Side, Sailor 1/4 Turn Right, Step

1&2. Cross left behind right, step right in place, step forward on left.3&4. Cross right behind left, step left to side, cross right over left.

5. Step left to side.

6&7. Cross right behind left, make ¼ turn right stepping left in place, step forward on right.

8&1. Kick left foot forward, step onto ball of left foot, step forward on right.

Pivot ½ Turn, Left Shuffle, Full Turn, Right Shuffle Into Rock

2,3. Step forward on left, pivot ½ turn to right.

4&5. Step forward on left, slide right up to left, step forward on left

6,7. Make ½ turn left stepping back on right, make ½ turn left stepping forward on left.

8&1. Step forward on right, slide left up to right, rock forward on right.

Recover, Ball Forward Rock, Coaster Step, Right Shuffle

2. Recover onto left

&3,4. Step right in place, rock forward on left, recover onto right.5&6. Step back on left, step right in place, step forward on left.

7&8. Step forward on right, slide left up to right, step forward on right.

Walks Back, Touch Back, Pivot ½ Turn, Kick-Ball Touch, Kick-Ball Point

1,2. Walk back left, right.

3,4. Touch left toe back, pivot ½ turn to left.

5&6. Kick right foot forward, step onto ball of right foot, touch left next to right.

7&8. Kick left foot forward, step onto ball of left foot, touch right to side.

Syncopated Jazz Box ¼, Rolling Vine, Forward Rock

1,2. Cross right over left, step back on left.

&3. Make ¼ turn right stepping right to side, cross left over right.

4,5,6. Make ¼ turn right stepping forward right, ½ turn right stepping back left, 3/8 turn right

stepping right to side.

7,8. Rock forward on left, recover onto right.

Step Back, Right Coaster, Forward Rock, ½ Turn Left, Step Pivot ½ Turn

1. Step back on left.

2&3. Step back on right, step left in place, step forward on right.

- 4,5,6. Rock forward on left, recover onto right, make ½ turn left stepping forward on left.
- 7,8. Step forward on right, pivot ½ turn to left.

Start Again.

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