

Quids In

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Paul McAdam (UK) - July 2013
音乐: Got Your Money (Amended Version) - Ol' Dirty Bastard : (Album: Essential R&B Hits Selection - Clean Version - iTunes)



Intro Approx. 18 seconds into song

[1-8] CLOSE SIDE CLOSE, BACK TOUCH, STEP, STEP 1/2 STEP, OUT-OUT, 1/4 TURN

- 1&2 Step right foot next to left, step left foot to left side, step right foot next to left
&3,4 Step back on left foot, touch right toe in front of left, step forward on right foot
5&6 Step forward on left, pivot a 1/2 turn right, step forward on left
&7&8 Step right foot to right side, step left foot to left side, make a 1/4 turn left & step right foot behind left, step left foot forward (tilting left shoulder slightly back & right shoulder slightly forward)

[9-16] 2 X 1/2 TURN, COASTER STEP, STEP-LOCK-STEP, HIP BUMP TURN

- 1,2 Make a 1/2 turn right & step forward on right, make a 1/2 turn right step back on left
3&4 Step back on right, step left next to right, step forward on right
5&6 Step forward on left, lock right behind left, step forward on left
7&8 Pivot a 1/4 turn left on left foot whilst lifting right knee up & bumping right hip out, step right foot down to right side, bump left hip out, pivot a 1/4 turn left on right foot whilst bumping right hip out (weight stays on right)

[17-24] CROSS, SIDE-ROCK-CROSS, SIDE, BEHIND 1/4 TURN, ROCK & PUSH

- 1,2&3 Cross left foot over right, rock right foot to right side, recover weight on left, cross right over left
4,5&6 Step left foot to left side, cross right foot behind left, make a 1/4 turn left & step forward on left foot, step forward on right
7&8 Rock forward on left foot, recover weight on right foot, step left foot next to right & push your bum back.

[25-32] HITCH, KNEE SPLIT, HITCH BUMPS X 2, 1/4 TURN, STEP 1/2 TURN, WALKING FULL TURN

- 1&2& Hitch right knee up, step right foot down slightly to right side, bend knees apart leaning weight over to right foot, bring knees back straight (weight stays on right)
3&4 Hitch left knee whilst bumping left hip out & pivoting a 1/8 turn right, pivot a 1/8 turn right on right foot whilst bumping right hip, keeping left knee hitched, bump left hip out
5&6 Step forward on left foot, pivot 1/2 turn right, step forward on left foot
7,8 Make a 1/2 turn left & step back on right, make a 1/2 turn left & step forward on left

START AGAIN AND ENJOY!