

Poke It

拍數: 32 牆數: 4 級數: Improver
編舞者: Stephen Gell (UK) - February 2009
音樂: Poker Face - Lady Gaga : (CD: Single or CD: The Fame Monster - 3:59)



Music Available On iTunes and Amazon UK

Intro: Start On Main Vocal

Restart: On The 4 Wall After Count 16 Add An & Count Then Start From The Beginning.

Floor Split For Craig Bennett's Poker Face.

[1 – 8] Skate Right, Skate Left, Right Shuffle, Rock, Recover, Full Turn Left Backwards

1 – 2 Skate right, Skate left
3 & 4 Step forward right, Step left next to right, Step forward right
5 – 6 Rock forward left, Recover right
7 – 8 ½ Turn left stepping forward left, ½ Turn left stepping back on right (travailing backwards weight ends on right)

Easy Option: For counts 7 – 8 Walk back left, Walk back right

[9 – 16] Left Coaster, Rock, Recover, Right Coaster, Step, Pivot ½ Right

1 & 2 Step back left, Step right next to left, Step forward left
3 – 4 Rock forward right, Recover left
5 & 6 Step back right, Step left next to right, Step forward right
7 – 8 Step forward left, Pivot ½ right (6 O'clock)

Restart on wall 4 then start from the beginning. Add & Step Forward On Left Foot Then Restart. You will be facing the 3 o'clock wall.

[17 – 24] Left Shuffle, Tap (Stomp) Right, Kick, Behind, Side, Cross, Tap (Stomp) Left, Kick

1 & 2 Step forward left, Step right next to left, Step forward left

Hard Option: Make a full turn right stepping left, right, left

3 – 4 Tap (Stomp) right next to left, Kick right foot to the right diagonal
5 & 6 Step right behind left, Step left to left side, Cross right over left
7 – 8 Tap (Stomp) left next to right, Kick left foot to the left diagonal

[25 – 32] Behind, ¼ Turn, Step, Point, ½ Turn, Point, Step, Right Kick Ball Change, Bump Right, Bump Left

1 & 2 Step left behind right, ¼ Turn right on right, Step forward on left (weight on left) (9 O'clock)
3 & 4 & Point right out to right side, Make ½ turn right stepping right next to left, Point left out to left side, Step left next to right taking weight onto left (3 O'clock)

Note: The last & Count must be done quickly as your left foot needs to take the weight for the kick ball change.

5 & 6 Kick right forward, Step left next to right, Step right in place
7 – 8 Bump hips right, Bump hips left taking (weight on left)