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拍數: 160 牆數: 1 級數: Phrased Advanced Hip Hop 編舞者: Jason Turner (USA) & Laura Gordon (USA) - June 2022 音樂: Voices - Hidden Citizens & Vanessa Campagna Sequence: ABC* ABC AC #32 ct Intro. 1 Restart. Part A: 64 counts - Start facing 10:30 [1-8]: Step, Lock, Step, Step, Lock, Step, Hitch x2 Step R to R diagonal making 1/8 turn R (1), Lock L behind R (2) Step R to R diagonal (3) (12:00)Step L to L diagonal (4) Lock R behind L (5), Step fwd on L (6) Hitch R knee to the front (7), Hitch R knee to the front (8) [9-16]: Step, Flick, ¼ Turn, Flick, ¼ Turn Grapevine Step R to R side (1), Flick L behind R (2) Step L to L side making ¼ turn R (3), Flick R behind L (4) (3:00) Step R to R side (5), Step L behind R (6) Step R fwd making 1/4 turn R (7), Step L fwd (8) (6:00)[17-24]: Out, Out, Body Roll, Knee Dip, Swivel, Hitch Step R to R side (1), Step L to L side (2) Roll your body fwd starting with your chest into a squat position (3 4) Swivel R heel to R side (5), Swivel R heel to L side (6) Swivel both heels to R side (7), Swivel both heels to L making 1/4 turn R hitching R knee (8) [25-32]: R Pony Back, L Pony Back, Walk Back RL, 1/4 Turn Out Out Step R back hitching L knee (1), Step L next to R (&), Step R back hitching L knee (2) Step L back hitching R knee (3), Step R next to L (&), Step L back hitching R knee (4) Step R back (5), Step L back (6) Step R to Ride making 1/4 turn R (7), Step L to L side (8) [33-40]: R Skate, L Skate, Back Rock, Hop x2, Slide R Skate R to R diagonal (1), Skate L to L diagonal (2) Step R behind L (3), Recover weight to L (&), Step R next to L (4) Hop in place twice (56) Step R to R side (7), Drag L towards R (8) [41-48]: L Skate, R Skate, Back Rock, Hop x2, Slide L Skate L to L diagonal (1), Skate R to R diagonal (2) Step L behind R (3), Recover weight to R (&), Step L next to R (4) Hop in place twice (56) Step L to L side (7), Drag R towards L (8) [49-56]: L Side Weaver, Cross Rock, Out, Out Cross R over L (1), Step L to L side (2) Cross R behind L (3), Step L to L side (4) Step R across L (5), Recover weight to L (6) Step R to R side (7), Step L to L side (8)

[57-64]: Downward Z, Heel, Toe, Heel, Hold

Push L upper body to L (1), Push R upper body to R (2) 12

3 4 Push L upper body downwards to L (3), Push R upper body downwards to R (4)

5678 Walk both heels inwards as you raise your upper body up (5), Walk both toes inwards (6)

Walk both heels inwards (7), Hold (8)

[1-8]: Tutting	
1	L arm parallel to the ground touching R hand. R hand balled into a fist pointing index finger upwards
2	Close R hand on top of L bringing R arm parallel to the ground
3	Push both arms straight fwd parallel to the ground – R on top of L
4	Bring both palms together up to R ear – Back of L touching R ear
5	Push both arms straight fwd, parallel to the ground – Palms touching
6	Keeping arms parallel to the ground, bring L palm on top of R
7	Roll R under L
8	Slide R upwards pointing index upward
[9-16]: R Fwd Press, L Fwd Press, L Back, R Back	
12&	Press R fwd (1), Recover weight to L (2), Step R next to L (&)
3 4	Press L fwd (3), Recover weight to R (4)
5678	Step L back (5), Hitch R knee (6) Step R back (7), Hitch L knee (8)
[17-24]: L Side Rock, R Side Rock, ½ Turn Hitch, ½ Turn Hitch	
12&	Step L to L side (1), Recover weight to R (2), Step L next to R (&)
3 4	Step R to R side (3), Recover weight to L (4)
5 6	Step R fwd (5), ½ turn over L shoulder hitching L knee (6)
7 8	Step L fwd making ½ turn over L shoulder (7), Hitch R knee (8)
[25-32]: R Fwd Rock, R Back Step, L Back Rock, L Fwd Step, R Fwd Drag	
1234	Step R fwd (1), Recover weight to L (2) Step R back (3), Hitch L knee (4)
5678	Step L back (5), Recover weight to R (6) Step L fwd (7), Drag R towards L (8)
Part C: 64 cts	
	ch, Step Touch, Point Touch, Step Touch
1234	Step R fwd on R diagonal (1), touch L next to R (2) Step L fwd on L diagonal (3), touch R next to L (4)
5678	Touch R toe fwd (5), touch R next to L (6) Step R fwd on R diagonal (7), drag L next to R (8)
[9-16]: Heel Touches x 2, Slide Touch, Hold, Hitch	
12	Touch L heel fwd pointing toes and R knee out to R (1), step L together (2)
3 4	Touch R heel fwd pointing toes and L knee out to L (3), step R together (4)
5 6 7 8 **Styling: With b	Big step L on L (5), drag R next to L (6) Hold (7) Slight hitch R knee (8) noth palms facing inward and near your face, lift both hands up towards the sky (7) (8)
[17-24]: Step Point x 2, Hitch Step x 2	
1234	Step fwd on R (1), point L to L (2) Step fwd on L (3), point R to R (4)
5678	Hitch R knee (5), step down on R (6) Hitch L knee (7), step down on L (8)
**Styling: With palms parallel to the floor, lift palms up with hitched knee and lower palms when stepping down (5,6,7,8)	
[25-32]: Toe-Heel x 2, Out-Out, Flick	
1234	Swivel L toe to R (1), swivel L heel to R (2) Swivel R toe to R (3), swivel R heel to R (4)
& 5 6	Step out to L on L turning 1/8 turn L (&), step out to R on R (5), flick L behind R (6)
7 8	Step down on L (7), hold (8)
Styling: Cross hands in front of body looking down (7), look fwd towards 12:00 ** Restart happens here on the first time you do C. Facing 12:00 do the first 32 counts and then begin A.	
[33-40]: Step Hitch, Step Hitch, Press, Recover, Step Touch	
1234	Step back on R (1), hitch L knee (2) Step back on L (3), hitch R knee (4)
5678	Press fwd on R (5), recover weight on L (6) Step R fwd on R diagonal (7), drag L next to R (8)

[41-48]: Heel Touches x 2, Slide Touch, Hold, Hitch

Touch L heel fwd pointing toes and R knee out to R (1), step L together (2)

Touch R heel fwd pointing toes and L knee out to L (3), step R together (4)

Big step L on L (5), drag R next to L (6) Hold (7) Slight hitch R knee (8)

**Styling: With both palms facing inward and near your face, lift both hands up towards the sky (7) (8)

[49-56]: Step Point x 2, Hitch Step x 2

1 2 3 4 Step fwd on R (1), point L to L (2) Step fwd on L (3), Point R to R (4) 5 6 7 8 Hitch R knee (5), step down on R (6) Hitch L knee (7), step down on L (8)

**Styling: With palms parallel to the floor, lift palms up with hitched knee and lower palms when stepping down (5,6,7,8)

[57-64]: Toe-Heel x 2, Out-Out, Flick

1 2 3 4 Swivel L toe to R (1), swivel L heel to R (2) Swivel R toe to R (3), swivel R heel to R (4) & 5 6 Step out to L on L turning 1/8 turn L (&), step out to R on R (5), flick L behind R (6)

7 8 Step down on L (7), hold (8)

Last Update: 9 Feb 2023

^{**}Styling: Cross hands in front of body looking down (7), look fwd towards 12:00