Not Like Us

拍數: 32

級數: Beginner

編舞者: LaToya L Toya (USA) - April 2025

音樂: Not Like Us - Kendrick Lamar

I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

FALLBACK WALKS RIGHT AND LEFT

- 1 2 3 4 Heading to the right walk backwards right, left, right, left
- 5 6 7 8 Make a left half turn to walk backward left, right, left, right

JUMP UP ROCK, OUTS INS

- 1 2 3 4 Jump up on both feet and rock hips
- 5 6 7 8 Rock out on right, bring right in, rock out on left, bring left in

V STEPS, COASTER STEPS

- 1 2 3&4 Step up to the right, and left foot up, right coaster step
- 5 6 7&8 Step back to the right, and left foot back, left coaster step

ROCK UP, CHA CHA HALF TURN, ROCK UP, CHA CHA QUARTER TURN

- 1 2 3&4 Rock up on right, recover on left making half turn right cha cha cha
- 5 6 7&8 Rock up on left, recover on right making quarter turn left cha cha cha

REPEAT DANCE

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com





牆數:4